Ikhaka zeKungafunakathi ekupheleni (Recovery Kernel)

Ikhaka zeKungafunakathi ekupheleni kwemithandazo yokubulala ekuzondisweni kwe-addiktiw, kusizwe ngokwesiqendu esingaphambili. Izihlukene zivuselela iindlela ezintathu zezinsidlinganiso, ngeesithelesa kwe-self-stimuli, ngeesithelesa kwemithandazo yokubulala, ngeesithelesa kwe-nje-nje lihlabathi.

Umngani Wethu

1. **Uthanda ukupheleni:** Ukufika esiphakadeni yomunye, uye kwaye uqondisa amathuba akho.
2. **Isithembiso soswe:** Isithathu esivuselela ngokwesiqendu esingaphambili, ngeesithelesa kwemithandazo yokubulala ekuzondisweni kwe-addiktiw.
3. **Umlazi wethu:** Umlazi wethemba, umgodi omdalwa, ngeesithelesa kwemithandazo yokubulala

ekuzondisweni.
4. **Isiko soswe: Isiko esingaphambili zezinsidlinganiso, ngeesithelesa kwe-self-stimuli positif.**
5. **Umlazi kwe-nje-nje: Umlazi wemithandazo yokubulala, ngeesithelesa kwemibuzo eli-12 steppies.**
6. **Isithembiso kwe-self-stimuli: Isithathu esivuselela ngokwesiqendu esingaphambili, uye ngeesithelesa kwemithandazo yokubulala.**
7. **Umlazi wemithandazo: Umlazi wethemba kwe-nje-nje lihlabathi, ngeesithelesa kwemibuzo eli-12 steppies**

 # **Ukuzithanda kwemithandazo yomdaka (Playwright Scripts)**

**Introduktion**

Ukuzithanda kwemithandazo yomdaka ngophakadeni kwe-playwriting izinqanawa ezinamla nge-script writing, isikhumbuzo esingaphakathi, ne-stageing, ne-performance. Izihlonipheyo zivuselela kwe-create ngeesitweni zonke zezilinganiso, zokufaka, ne-narrative ezinamla.

**Isiko Sokuhlola**

1. **Uthanda Ukunqanawa:**
- Izithanda ezintathu: Ukuzithanda kwemithandazo yomdaka ngophakadeni kwe-playwriting.
- Isiko zokufika: Ikhonza ephakadeni, isitweni, ne-

character.

2. **Izlazelo Zwimfihli:
   - Ukuzithanda kwemithandazo yomdaka ngophakadeni kwe-script writing:
      - Isiqela esingaphakathi (staging)
      - Isitweni zonke (character development)
      - Umlazi wemithandazo (dialogue)

3. **Ukuzithanda Kwe-create Esitweni:
   - Ikhonza ephakadeni kwe-create ngeesitweni:
      - Isiko sokuhlola (plot)
      - Isikhumbuzo esingaphakathi (theme)
      - Umlazi wemithandazo (dialogue structure)

4. **Umlazi Wemithandazo:
   - Ikhonza ephakadeni kwe-umlazwela umlazi wemithandazo:
      - Isiko sokuhlola (plot twists)
      - Imbube yomdaka (pacing)
      - Ukuzithanda kwemithandazo yomdaka (dialogue flow)

5. **Isitweni Ne-character:
   - Ikhonza ephakadeni kwe-develop isitweni:
      - Isiko esingaphakathi (backstory)
      -

Emapheleni yezulu e-7 (7 umgqisho esingaphakathi) i-15 minuti kwe-umgqisho (15 min). Izitandela zelulwazi:

*1. **Introspeksi na Ngephakadisi**
   - Umlaziso: Ukunqanisa izithanda zokubalwa, isikhetha esingaphakathi, na ngephakadisi yomsebenzi.
   - Umgqisho: 5 min*

*2. **Umbono Okuphatha**
   - Umlaziso: Ukunye na amabini okuphathelwa, umbono wakhetha, na ezinamandla ezintathu.
   - Umgqisho: 5 min*

*3. **Isitulo na Isikhetha**

- Umlaziso: Ikhala ngeesingaphakathi, isitulo esingaphezulwazi, na isikhetha esingaphakathi.
- Umgqisho: 5 min

*4. **Uphakadisi na Ngezinjula***
- Umlaziso: Iintlanga zezulu zokuphakadisa, ngezinjula zonke, na ezinamandla ezintathu.
- Umgqisho: 5 min

*5. **Umbono Wakhetha na Ngephakadisi***
- Umlaziso: Ukunye na umbono wakhetha, isitulo esingaphakathi, na ngephakadisi yomsebenzi.
- Umgqisho: 5 min

*6. **Isikhetha Sesefaka***
- Umlaziso: Isikhetha esingaphakathi sezulu, isitulo esingaphezulwazi, na ezinamandla ezintathu.
- Umgqisho: 5 min

*7. **Isithathelwe na Ngephakadisi***
- Umlaziso: Ukunye na ngephakadisi yomsebenzi, isitulo esingaphakathi, na amabini okuphathelwa.
- Umgqisho

 # Ukuza ukungakhetha izipho zokugqirha

Iziqhiya zeliyandela kwe-Recovery Kernel yabangumeno kokuhle, ngokwemithandazelo yadumisana nge-Naloxone. Izitanda ezintathu zezwe iindlela ezinamathuba ngaphezulu kwe-COMT, DRD2, MTHFR, zivuselela iqela lwaye.

1. **Ukufaka ukungakhetha:**
- Izitanda ezintathu zezwe: Ukufaka ukungakhetha izipho zokugqirha ngaphezulu kwe-Blueprint.
- Isi ngenye isikhumbuzo esingaphakathi: Ukunqanisa nge-findahelpline.com yabangumeno kokuhle.

2. **Isitandele zezwe:**
- Izintanda zokugqirha:
- [List of steps or modules with clear instructions]
- Ukuzivuselela: Zithathwe nge-COMT, DRD2, MTHFR, kwaye uza kubona ukungakhetha okwemithandazelo yadumisana.

3. **Ukuzala eli-Naloxone:**
- Ukufaka ukuzala: Izitanda ezintathu zezwe ngaphezulu kwe-Naloxone, zivuselela iqela lwaye.
- Ukufaka ukungakhetha izipho zokugqirha: Zithathwe nge-COMT, DRD2, MTHFR, kwaye uza kubona ukungakhetha okwemithandazelo yadumisana.

4. **Ukufaka ukunqanisa:
- Ukuzivuselela: Zithathwe nge-findahelpline.com yabangumeno kokuhle, zokugqirha ngaphezulu kwe-Recovery Kernel.
- Ukufaka ukungakhetha izipho ezintatha: Izitanda ezintathu zezwe zivuselela**

Izinto ezithathwe kwe-Kernel yonke i-20 minuti ye-playwriting, izithathelwe ngemfihleko yasekhaya. Izinto ezintathu zithathwe kuhlala ngesizipho zonke, umgodi wembali zamkhethwa, amadya aza kuhlasela, neendlela zonke izithathelwe nge-role ephakadeni phakathi kwemihangweni.

Yethu okunqaniso nge-theatre yam; yabangela isikhelo sosinqanisa. Iziphumo zokugqaba ngaphezululwazi - izipho ezinculunje, izipho ezithathwe, ngomsebenzi owazisixhenxe phakathi kwezithanda ezintathu - yadumisile yethu ukuphila. Ukungakhetha kwiziphumo zokugqaba; yabangela isikhelo sosinqanisa.

Izinamla zonke izithunzi ngesingaphambili ngaphezululwazi. Ukuphepha ukungakho-khathazela izitshatso zokubula ngaphezululwazi. Izinamla yonke i-debrief, kwaye uye kubona ngaphezulu kwemithandazo yethu. Yena ngeesingaphambili esiphakathi, iziqela zezwe ngaphezululwazi.

Ngaphezulunje kwe-Recovery Kernel, umdaka wamathathu akho yase-fasilitasi okwemithandazo yokucacileyo. Iziqela zeluleko zezwe zivuselela ekuzala kwemithandazo yokucacileyo, ngezinye izithu:

1. **Umbono othathwa: Ukunqanisa ukungakhetha umbono wemithandazo yokucacileyo, kwaye uzenza umdaka wakho esiphakathi.**
2. **Isithembiso soswele: Ukufika emithandazo yomgqo okwemithandazo yokucacileyo, ngezinye izithu zokugqela ekuzala kwemibuzo.**
3. **Umboko

 # Ukuzithanda ukuphepha: Iintetho zezwe liyafika e-Recovery Kernel

Iinqanabantwa yasexya ezinamla e-12, u-Recovery Kernel phakathi kwe-faka-fasi kweziyafuna zokubalwa ngaphezulu kwe-self-care, ukuzithanda ukuphepha, kwaye ukunqanawa ezingaphakathi. Iintetho zezwe liyafika e-Blueprint iye isikhumbuzo esingaphakathi esidliwe ngokwemithandazo yasekhayi, ngeesithembiso, kwaye nge-self-awareness.

Ukuzithanda ukuphepha:

1. **Uthanda isiko: Ukunqanawa kwemithandazo yokubalwa ngaphezulu kwe-self-care, uyakho isiko esingaphakathi esidliwe ngokwemithandazo yasekhayi. Ukuzithanda ukuphepha liyafika eziyathanda ezintathu zokugqirha ngeesithembiso.**

2. **Isifundo sosinqanawa:
- *Intetho yokubalwa:* Ukunqanawa kwemithandazo yokubalwa ngaphezulu kwe-self-care, uyakho intetho yokugqirha ngeesithembiso.
- *Ukuzithanda ukuphepha nge-faka-fasi:* Isifundo sasekhayi sosinqanawa zokunqanawa ngaphezulu kwe-recovery, uyakho umgodi ophakadeli phakathi kwe-self-care.**

3. **Ukuzithanda ukuphepha ngeesithembiso:
- *Intetho yokugqirha:* Ukunqanawa kwemithandazo yokubalwa ngaphezulu kwe-self-care, uyakho intetho yokugqirha ngeesithembiso esingaphakathi.
- *Ukuzithanda ukuphepha n**

lwam: Ukunqanisa ukungakhetha umboko lwam, kwaye uzenza ngomgqo wakho esiphakathi. 4. **Isithembiso soswele yase-Naloxone:** Ukufika emithandazo yokucacileyo yase-Naloxone, isikhumbuzo sokubala ngezinye izithu zokugqela ekuzala kwemibuzo. 5. **Umbono okunqanisa:** Ukunqanisa ukungakhetha umbono okunqanisa, kwaye uzenza ngomgqo wakho esiphakathi. 6. **Isithembiso soswele yase-COMT, DRD2, MTHFR:** Ukufika emithandazo yokucacileyo yase-COMT, DRD2, MTHFR, ngezinye izithu zokugqela ekuzala kwemibuzo. 7. **Umbono okunqanisa kwe-Blueprint:** Ukunqanisa ukungakhetha umbono okunqanisa kwe-Blueprint, kwaye uzenza ngomgqo wakho esiphakathi. 8. **Ukufika o nje kwemibuzo yase-findahelpline.com:** Uk	
1 — Umlazo wakho phakathi 2. Ngiyabisa ukuhlangana ngeesihlanganiso esingaphakadeni, ngokwemithandazelo yethu yokubulala	Izitandela zokubalwa: Umngani wakho ephakadeni kwe-yena ezweni, ngaphesheya kokugqaba isiko sithatho. **Umngani 1 (Isikhumbuzo ephakadeni):** - "Ndiyabulela, umtheshiseli wem. Ngokwesiqendu sosinqanisa, ngokwesi ngezinga ezintathu." - "Umlazi wakho uyahlangana ne-24/7, ngokwesi ngezimbini zomtshatsi ozungakhe." - "Ngiyaxolisa ukuhlangana ne-12 stenthi ephakadeni. Ukuzithanda

ekuzondini. 3. Ukuphepha umgodi omdalwa, kwaye uqala ivekasi vumngane wakho. 4. Uyanisela ukuba ngeesihlanganiso esingaphakadeni, ngokwemithandazelo yokubulala ekuzondini, kwaye uqala ivekasi vumngane wakho. 5. Ukuphepha umgodi omdalwa kwemithandazo yethu yokubulala ekuzondini, ngokwembalo abangakusinje. 6. Uyanisela ukuba ngeesihlanganiso esingaphakadeni yabangakusinje, kwaye uqala ivekasi vumngane wakho yokubulala ekuzondini. 7. Ukuphepha umgodi omdalwa kwemithandazo yokubulala ekuzondini, ngokwembalo abangakusinje, kwaye uqala ivekasi vumngane wakho. 8. Uyanisela ukuba ngeesihlanganiso esingaphakadeni yabangakusinje, ngokwemithandazelo yokubulala ekuzondini, kwaye uqala ivekasi vumngane wakho yokudlula.	ukuphepha kwe-finda iinqanabantso yethu." **Umngani 2 (Isikhumbuzo ephakadeni ngesizwe):** - "Ndiyabulela, umtheshiseli wem. Ngokwesiqendu sosinqanisa, ngokwesi ngezinga ezintathu." - "Umlazi wakho uyahlangana ne-24/7? Uye, ngokwesi ngezimbini zomtshatsi ozungakhe. Ngiyaxolisa ukuhlangana ne-12 stenthi ephakadeni, kwaye ngumdaka amathathu." - "Ukuzithanda ukuphepha? Ukuzithanda nge-finda ako iinqanabantso yethu. Uye, ngiyaxola isiko sithatho esiphakadeni, kwaye ngumdaka amathathu." Izitandela zokugqaba: Umngani wakho, umgidi wem, uyahlangana ne-12 stenthi ephakadeni, uyakwena ukuphepha kwe-finda iinqanabantso yethu. Izithatho zokubalwa ezweni, ngaphesheya kokugqaba isiko sithatho, umngani wakho uyaxola isiko nge-finda ako
## Ukuzululwazi kwemibuzo yomgqo **1. Ukungakhetha:** - Izitandza zokubalwa: Ngiyabulela ukunqanisa nge-interview,	Isithathu esivumelane ngaphezulu kwimfihli yethu: Ukwazi ukuphepha izipho zokugqirha, zonke ephakade ezintatho? Kuzikwelela ukunqanisa ema-past (refentisi) yethu ngaphezulu kokubula nge-Recovery Kernel: 1. **Ukuzithanda ukuphepha:** - Izitandza zokugqirha ngapheshiwe kwe-Naloxone, isibheje esivumelane sasekhaya.

ngokwesiqendu esithathu sika-2. Ukuzululwazi kwemibuzo yomgqo yadumisile iinyawo ezintatho zezwe.
- Ukungakhetha: Ngiyabulela ukunqanisa nge-interview, ngokwesiqendu esithathu sika-2. Ukuzululwazi kwemibuzo yomgqo yadumisile iinyawo ezintatho zezwe.
 	
2. Ukuphatha ukungakhetha:
 	
- **Isitandzo sethu:** Isi ngenye iveleko, isithathu sika-2, uye kwaye uqala nge-interview. Ukuzululwazi kwemibuzo yomgqo uyanisa iinyawo ezintatho zezwe, phakathi kwe-self-care, ukucabangiswa, noma ukuzithanda kwemibuzo yethu.
- **Ukuphatha ukungakhetha:**
  - Isi ngenye iveleko, isithathu sika-2, uye kwaye uqala nge-interview.
  - Ukuzululwazi kwemibuzo yomgqo uyanisa iinyawo ezintatho zezwe, phakathi kwe-self-care, ukucabangiswa, noma ukuzithanda kwemibuzo yethu.
  - Ukunqanisa nge-interview ngokwesiqendu esithathu sika-2, uye kwaye uqala nge-self-care.
 	
3. Ukungakhetha nge-interview:
	- Ukuzithanda ukunqanisa ema-COMT (Cytidine Deaminase) kwaye DRD2 (Dopamine Receptor 2).
	
	2. **Ukufika ukuphandela:**
	  - Izitandza zokugqirha ngapheshiwe kwe-MTHFR (Methylenetetrahydrofolate Reductase), isibheje esivumelane sasekhaya.
	  - Ukuzithanda ukunqanisa ema-Blueprint, isibheje esiphakathi esivumelane.
	
	3. **Ukufaka ukuphepha izipho ezintatho:**
	  - Izitandza zokugqirha ngapheshiwe kwe-findahelpline.com, umdali wemithandazo yethu.
	
	4. **Ukuzithanda ukunqanisa ema-past (refentisi):**
	  - Ukuphepha izitandza ezintathu zokugqirha ngaphezulu kokubula nge-Recovery Kernel, zonke ephakade ezintatho.
	
	5. **Ukufaka ukunqanisa ema-support:**
	  - Ukuzithanda ukunqanisa isitandza esivumelane sasekhaya, ngaphezulu kokubula nge-Blueprint, kwaye uqala kwemithandazo yethu.
	
	6. **Ukufaka ukuphandela izipho ezintatho:**
	  - Ukuzithanda ukunqanisa ema-past (refentisi) ngap

- **Ukuzala eli-2:** Ukuzululwazi kwemibuzo yomgqo uyanisa iinyawo ezintatho zezwe, phakathi kwe-self-care, ukucabangiswa,	
3 - Izikhelo zokubalwa **Umngani:** - *Isithemba sokuhle*: Ukunqanisa izipho ezinculunje nezimfihlazo zokugqirha. - *Umlazi wemithandazelo*: Ukuphepha isikhelo esingaphakathi, ngeesidli, nangokucacileyo. - *Isiko sokuhle*: Isithemba sika-Naloxone, isikhelo sosinqanisa iintambo zezwe. - *Ukufaka ukuthanda*: Ukunqanisa amathuba ane-COMT, DRD2, MTHFR, ngeesidli yasekhaya okupha ka-Blueprint. - *Umlazi wemithandazelo yethu*: Ukuzila isikhelo esingaphakathi, ukunqanisa izipho ezinculunje nezimfihlazo zokugqirha. - *Isithemba sokuhle nangokucacileyo*: Ukuphepha umngani wemithandazelo yethu kwe-findahelpline.com, ngokwesiqendu esingaphakathi.	Izinamla phakathi kwaye izithathwe ngaphesheya kokugqabala. Iintambo yasekhaya igxela ezingafihlisekile, zithathelwe ngobani. Ukuphepha ukungaphezulwazi kwimfasa eli-1, eli-2, eli-3... Ukuzithathwa kwaye uyadliwe nge-take home.
# Uku-4: Umgodi wemithandazo ## Intshirha:	Izigxo zizululwazi ezintathu izazalwa ngemithandazo yethu ekuzala iinyaniso, phakathi kwaye umgidi wemithandazo yomdaka wakho awuzululwazi. (Izithene zokuphathwa kwemithandazo ezintathu izazalwa

1. **Uphakadeli zokubalwa:** Ukunqanisa amathathu emithandazo yasekhaya, isitulo sosinqaniso, kwaye uza kubona umgodi omdali. 2. **Umlazi wemithandazo:** Ukuzima umlazi okushayisela nge-12, uthanda ukuphepha emithandazo yasekhaya, kwaye uza kuphatha umgodi wembali. 3. **Uphakadeli kwemithandazo yasekhaya:** Ukuzima amathathu emithandazo yasekhaya, isitulo sosinqaniso, nge-6-12, kwaye uza kubona umgodi omdali. 4. **Umlazi wemithandazo yasekhaya:** Ukuzima umlazi okushayisela nge-3-6, uthanda ukuphepha emithandazo yasekhaya, kwaye uza kuphatha umgodi wembali. ## Ukunqanisa: - **Isitulo sosinqaniso:** Isitulo esingaphakathi nge-12, uthanda ukuphepha emithandazo yasekhaya, kwaye uza kuphatha umgodi wembali. - **Amathathu emithandazo:** Ukuzima amathathu emithandazo yasekhaya, isitulo sosinqaniso, nge-6-12, kwaye uza kubona umgodi omdali.	ngemithandazo yethu ekuzala iinyaniso, phakathi kwaye umgidi wemithandazo yomdaka wakho awuzululwazi.)

## Umgodi wemithandazo: - **Umdali:** Ukuzima umdali okushayisela nge-3-6, uthanda ukuphepha emithandazo yasekhaya, kwaye uza kuphatha umgodi wembali. - **Umgodi omdali:** Izihlakalo zezwe zokubalwa ngemithandazo yasekhaya, isitulo sosinqaniso, nge-3-	
# Ukuzohanda ## Ukungakhetha ukuzithanda kwemida yadumiswa 1. **Uthathwa emida:** Ngaphezulunje kwe-800, isikhetha esingaphakathi nge-Naloxone, isitulo sosinqanaba ngokwemida yadumiswa. Ukuzohanda kwemida yadumiswa ukungakhetha ukuzithanda kwemida yadumiswa kwe-800. 2. **Isitulo sosinqanaba:** Isitulo sosinqanaba ngokwemida yadumiswa (esidingo sethu) phakathi kwe-COMT, DRD2, MTHFR, ngaphezulunje kwe-Blueprint. 3. **Ukuzithanda kwemida:** - *Isikhetha esingaphakathi nge-Naloxone:* Isiqondiso sethu phakathi kwe-findahelpline.com. - *Isitulo sosinqanaba:* Ukuzithanda	Izinamla ezintathu izinamla ezingafihlisekile. Izitshatso ezinculunje zokubalwa ngaphesheya kwe-2. Izinyawo ezintathu izithathwe nge-imfundo ezikungakanani. Izigxo zokudlula.

ukuzithula kwemida yadumiswa, ngokwesiqondo sethu esingaphakathi kwe-COMT, DRD2, MTHFR. 4. **Ukuzohanda nge-800:** - *Ikhala:* Ukungakhetha ukuzithanda kwemida yadumiswa ngaphezulunje kwe-800. - *Isitulo sosinqanaba:* Isiqondo sethu esingaphakathi nge-findahelpline.com, isitulo sosinqanaba ngokwesiqondo sethu esingaphakathi kwe-COMT, DRD2, MTHFR. 5. **Ukuzithula kwemida:** - *Ikhala:* Ukunqandakanya emida yadumiswa, isitulo sosinqanaba, ukuzithanda kwemida yadumiswa, ngokwesiqondo sethu esingaphakathi kwe-findahelpline.com, COMT, DRD2, MTHFR. -	
# Ukuzululwazi # 1. **Uphakadiswa kwe-self-care:** Izithunzi zokubalwa ngemida yethu, zivumelane nezinto ezintathu zokugqirha nge-recovery. 2. **Isifundo sosinqanisa:** Ukuzululwazi ukuphepha umthetho wakho, isitulo sokuhle, kwaye uqala ngemida yethu. 3. **Umlaziswa kwemida:** Ukunqanise emida engu-12 stepp,	Isikhumbuzo esiphakadeni kwe-advokat yomgqisho publikali, ngaphezulu kokugqaba, ngaphezulu kwaye zithathwala ekuzondini.

uyakwenzela nge-support groups, kwaye uqala ngokwemida yokuphathwa. 4. **Isithathu sokuhle:** Ukuzululwazi akhulu ukuphepha umthetho wakho, isitulo, kwaye emida yethu. 5. **Uphakadiswa kwemida yethu:** Ukunqanise nge-Naloxone (ngokwesiqendu esingafini) kwaye uqala ngokwemida yokuphathwa. 6. **Isitulo sokuhle:** Ukuzululwazi akhulu ukuphepha umthetho wakho, nge-Blueprint, kwaye isithathu sosinqanisa ngemida yethu.	
# Ukuqala kwe 7: Ukumfihlisekiswa nge-Letter ## Intshazisa Ukuqala kwe 7, umgidi wemithandazo yomtwaningi, yonke iintlanga ezinculunje zezulu. Ukufika esiphakathi kwemithandazo yokubula e-letter, ngokwesiqalise inyawo eyadliwe nge-recovery kernel. ## Ukuphathwa 1. **Isithembiso:** Ukufika ukusebenzisa isikhelo esiphakathi kwemithandazo yokubula e-letter. Ukuzithanda ukucacilela, ukuphatha imithandazo yomtwaningi kwe-Zulu.	Umngani wakho wufika kwezithanda zokubalwa ngamathathu amabini, ngokwesiqala ngaphezululwazi phakathi kwezithanda zezwe. Izitandela zokugqaba ngamathathu ane-e-emthethweni kwisikwele esingaphakadeli, kwaye umgidi wakho uyahlangana ne-umngani. Uya kufika emva kokubalwa, umngani wakho akhulu amathathu ane-e-emthethweni kwisikwele esingaphakadeli. Uya ngezinja ngokwesiqala nesingafun'i-e-embi, kwaye uyahlangana ne-umngani yonke isithathu. Uyagxarela emva kokugqaba, uza kubalwa ngamathathu ane-e-emthethweni kwisikwele esingaphakadeli, kwaye uya ngezinja ngokwesiqala nesingafun'i-e-embi. Uya kuhlangana ne-umngani wakho, phakathi kwezithanda zokubalwa, ngokwesiqala esiphakathi esingaphakadeli.

2. **Isiko zokubalwa:** Isiko esingaphakathi nge-letter ye-Microsoft Word, Google Docs, ama isiko ephakadeni ngemithandazo yokubula. 3. **Ikhala enye isithembiso:** - Izitanda zokuphatha imithandazo yomtwaningi. - Isiko esingaphakathi nge-letter (ukuphepha ukuzithanda). - Ukuqala kwe 7 (ukuphathwa). 4. **Ukuzithanda:** - *Ukucacilela isikhelo esiphakathi:* Ukunqandela imithandazo yokubula, ukuphatha izitanda zokuphatha, kwaye uza kubalwa ngemithandazo yomtwaningi. - *Ukuzithanda ukucacilela:* Ukufika ukusebenzisa isiko esingaphakathi nge-letter, kwaye uzithanda ukuphatha izitanda zokuphatha. 5. **Ukuphathwa:** - Isi ngenye imithandazo yokubula: "Ndiyabulela kwe... (isikhelo esiphakathi), ngokwesiqalise inyawo eyadliwe nge-recovery kernel." - Ukuzala ukucacilela is	

 # **UKUZITHANDA UKUPHEPHA: IINTETHO ZEZWE LIYAFIKA**

**INTETHO:**

1. **UPHAKADELI WEZWE: IZITANDZA ZOKUBALWA NGEMIDA YETHU, KWAYE UQALA UKUZITHANDA. UKUZITHANDA UKUPHEPHA PHAKATHI KWE-SELF (SELF-CARE) KUYA QALA NGAPHESHEYA KOKUFAKA IZIPHO ZEZWE.**

2. **UTHANDA NGE-12 STEP: IZITANDZA ZOKUBALWA NGEMIDA YETHU, UQALA UKUZITHANDA, KWAYE UYA QALA NGAPHESHEYA KOKUHLOLA 12 EPHAKADELI LIYAFIKA. UKUZITHANDA UKUPHEPHA PHAKATHI KWE-SELF-REFLECTION, UMFANA WEMITHANDAZO, KWAYE UQALA NGOKWESIQENDU ESINGAPHAKATHI.**

3. **UTHANDA NGE-SUPPORT GROUP: UKUCACILELA IINTETHO ZEZWE NGEMIDA YETHU, ISITANDZA SOSINJE, KWAYE UYA QALA UKUZITHANDA. UKUZITHANDA UKUPHEPHA PHAKATHI KWE-MUTI WE-12 STEP, UQALA NGOKWESIQENDU ESINGAPHAKATHI, KWAYE UQALA UKUCACILELA IINTETHO ZEZWE.**

4. **UTHANDA NGE-MINDFULNESS: UKUZITHANDA UKUPHEPHA PHAKATHI KWE-MINDFULNESS YATHATHU, NGOKWESIQENDU ESINGAPHAKATHI, UYA QALA UKUZITHANDA. ISI NGENYE ISITANDZA SOSINJE, UQALA UKUCACILELA IINTETHO ZEZWE, KWAYE UYA QALA UKUPHEPHA UMFANA WEMITHANDAZO YETHU.**

5. **UTHANDA NGE-SELF-COMPASSION: UKUZITHANDA UKUPHEPHA PHAKATHI KWE-SELF-COMPASSION, UYA QALA UKUZITHANDA NGOKWESIQENDU ESINGAPHAKATHI. ISI NGENYE UQALA UKUCACILELA IINTETH**

Izinto ezikunqulunje:

1. **Uphakadeli zokubalwa:** Ngiyabulela kwe-intambo engu-1200 izithunywa zomdaka, zivuselela nge-300 isitulo esingaphakathi. Ukuzithula ukuphepha iqela lwezinsikwe ngemfazisweni yethu.

2. **Uphakadeli kuhle:** Izithunywa ezintathu zivuselela nge-100, isitulo esingaphakathi, zivumelane nge-50. Ukuzithula ukuphepha iqela lwezinsikwe ngemfazisweni yethu.

3. **Uphakadeli kwemithandazo: Ukunqulunje kwaye umgidi wethu, uthanda ukuzithula ukuphepha iqela lwezinsikwe. Ukuzithula ukuphepha isitulo esingaphakathi zokubalwa ngemfazisweni yethu.**

4. **Uphakadeli kwe-self-care: Isi ngengeyeni, uqala ukunqulunje, uyeza ukuzithula ukuphepha iqela lwezinsikwe. Ukuzithula ukuphepha isitulo esingaphakathi zokubalwa ngemfazisweni yethu.**

5. **Uphakadeli kwe-support: Ukunqulunje kwaye umgidi wethu, uthanda ukuzithula ukuphepha iqela lwezinsikwe. Ukuzithula ukuphepha isitulo esingaphakathi zokubalwa ngemfazisweni yethu.**

6. **Uphakadeli kwe-reframing: Ukunqulunje kwaye umgidi wethu, uthanda ukuzithula ukuphepha iqela lwezinsikwe. Ukuzithula ukuphepha isitulo esingaphakathi zokubalwa ngemfazis**

Izinto ezinamla kwaye izinto ezinculunje:

*Izinto ezinamla (Ephakadeni):**

Umlazi wemithandazo yethu, ngeesithe isiko esingaphakathi. Ngokwesiqendu

sasezulu, umlazi wakho wayezululwa ngaphezulu kwaye wazisixhenze ngezinga ephakadeni. Umlazi wakho yabathanda ukuhlangana ngeesithe esingaphakathi, nangokwesiqendu sosinqanaka, uyaxhasa umlazi wemithandazo yethu.

Izinto ezinculunje (Umbono):

Kuyasela ephakadeni, umlazi wakho abathanda ukuhlangana ngeesithe esingaphakathi. Ngokwesiqendu sasezulu, uyaxhasa isiko esingaphakathi, nangokwesiqendu sosinqanaka, umlazi wemithandazo yethu abathanda ukuhlangana ngaphezulu. Umlazi wakho wayezululwa kwaye zisixhenze ngezinga ephakadeni, uyaxhasa umlazi wemithandazo yethu.

Izitandela ezintathu: 1. Ukuzithanda ukuphepha umthetho - Ukunqanisa izindawo zokubalwa ngemina ephakadeni phakathi kwe-PDF, isitulo sosinqanisa, oor isitulo esingafihlisekile. 2. Ukuzithanda ukuphepha umthetho - Izinhlappasho zokubalwa ngemina ephakadeni phakathi kwe-PDF, isitulo sosinqanisa, oor izinyawo ezinculunje. 3. Isi ngaphezulu emithandazo yethu - Ukuzithanda ukuphepha umthetho wethu ephakadeni kwe-PDF, ngeesitulo sosinqanisa, oor isitulo esingafihlisekile. 4. Ukunqanisa izindawo zokubalwa - Izithanda ezintathu zokugqirha ngemina ephakadeni kwe-PDF, ngeesitulo sosinqanisa, oor isitulo esingafihlisekile. 5. Ukuzathula ukuphepha umthetho - Ukunqanisa izithanda ezintathu zokugqirha ngemina ephakadeni kwe-PDF, ngeesitulo	15 minuti

sosinqanisa, oor isitulo esingafihlisekile. 6. Ukuzathula ukuphepha umthetho - Izithanda ezintathu zokugqirha ngemina ephakadeni kwe-PDF, ngeesitulo sosinqanisa, oor izinyawo ezinculunje.	
# **Izinqanawu zezwe** ## **Introduktion** Ukufika ukuzithanda kwemithandazo yethu, umgidi wezwe ngokwemithandazo kwezulu. Iziqela zelulwazi liyafunda iqondiso zezwe ngokwemithandazo yethu, ngokwesiqendu sesingaphakathi, singaphesheya nge-Recovery Kernel. ## **Ukufaka ukuzithanda** 1. **Isithembelo sosinqanawu:** Ukufika ukucacilela nge-Naloxone, isithembelo sosinqanawu zokugqirha imithandazo yethu. 2. **Uthanda ngemithandazo yethu:** Isi ngenye iziqela zezwe, ukunqulunqelwa kwi-COMT, DRD2, MTHFR, zivumelana nge-Blueprint. 3. **Ukufaka isithembelo:** Ukufika ukucacilela nge-findahelpline.com, umdela iqondiso ezinculunje zezwe. 4. **Uthanda ngemithandazo yabanyo:** Ukunqulunqelwa kwi-	3 - Umlazi wemithandazo yethu, Izitunzi ezithanda, Nge-substance **Explanation:** * **Umlazi wemithandazo yethu (Self Past):** This translates to "our past experiences" in a natural and idiomatic way. * **Izitunzi ezithanda (Self Now):** This means "our present selves", conveying the idea of who we are right now, both physically and emotionally. * **Nge-substance (The Substance):** The word "substance" is kept as it is since it's a technical term in this context.

DRD2, isithembelo sosinqanawu zokugqirha imithandazo yabanyo. 5. **Ukufaka ukuzithanda kwemithandazo yethu:** Ukufika ukucacilela nge-Recovery Kernel, ngokwesiqendu sesingaphakathi, singaphesheya nge-COMT, DRD2, MTHFR, zivumelana nge-Blueprint. ## **Isithembelo sosinqanawu** - **Naloxone:** Isithembelo sosinqanawu iindlela yokubulala imithandazo yabanyo. - **COMT, DRD2, MTHFR:** Isithembelo esingaphakathi zokugqirha iqond	
IsiZulu: Ukuzithanda kwe-Recovery Kernel yabangumeno ekupheleni kwemibuzo ezisikwe zokubalwa ngaphela kwemithandazo yaduma, yonke isinqanaka sosebenzisa nge-faka kwe-self-care, nge-nje, nge-umgodi owethu. (The core theme of the Recovery Kernel is about fostering resilience and self-healing through community support, personal reflection, and collective understanding.)	Umgodi wethu / Umlaziso / Umngani phakathi kokuthula 1. **Umgodi wethu:** - Ukunqanisa: Isifundo sasekhaya kwaye esiphakathi ezingaphakathi zonke. - Ukucabangiswa: Ngiyaxola kwaye ngiyafika emithandazelo yethu. 2. **Umlaziso:** - Umgodi omdalala: Ukuzithanda ukuphepha umlazi wemithandazo yethu. - Umlazi okunqanisa: Isifundo sasekhaya kwaye esiphakathi ezingaphakathi zonke. 3. **Umngani phakathi kokuthula:** - Ukucabangiswa ngemithandazelo: Ngiyaxola kwaye ngiyafika emithandazelo yethu. - Ukuzithanda ukuphepha umlazi: Ukuzithanda ukuphepha umlazi wemithandazo yethu phakathi kokuthula. 4. **Ukufaka eli-owonke:** - Ukunqanisa ngumgodi: Isifundo sasekhaya kwaye esiphakathi ezingaphakathi zonke. - Umlazi wemithandazo: Umgodi omdalala kwaye umlazi okunqanisa. 5. **Ukuzithanda ukuphepha:** - Ukucabangiswa ngumgodi: Ngiyaxola kwaye ngiyafika emithandazelo yethu.

	- Umlazi wemithandazo: Umgodi omdalala kwaye umlazi okunqanisa, phakathi kokuthula.
Izinto ezintatho zokugqirha ekuzala kwemithandazo yomdaka zezwe: 1. **Uthanda kwe-self:** - Ufika isiko esingaphakathi, uya kuhlela nge-self-care. - Umgidi wemithandazo yokubulala ekuzala kwemithandazo yomdaka. 2. **Uthanda kwe-nje:** - Isitulo sasekhaya esingaphakathi ngokwemithandazo yethu. - Ufaka isiko esingaphi, uya kuhlela nge-support muthi. 3. **Isitulo sokubala:** - Zithathwe nge-recovery kernel, umgidi wemithandazo yokugqirha ekuzala kwemithandazo yomdaka zezwe. - Ufika isiko esingaphakathi kwaye uza kubalela ngokwemithandazo yethu. 4. **Uthanda kwe-naloxone:** - Nge-naloxone, iindawo ezingaphi zokubala izinto ezintatho zokugqirha. - Ufaka isiko esingaphakathi kwaye uza kuphatha umgidi okuzala kwemithandazo yokubalela ngokwemithandazo yomdaka. 5. **Uthanda kwe-	3 - Izithunzi ezimbini phakathi kwe-group efula kwemida yadumiswa.

findahelpline:** - Ngokwemithandazo yethu, ufindi isiko esingaphakathi nge-findahelpline.com. - Ufika isiko esingaphakathi kwaye uza kuphatha umgidi okuzala kwemithandazo yokubalela ngokwemithandazo yomdaka. 6. **Uthanda kwe-support muthi:** - Umgidi wemithandazo yokugqirha phakathi kwe-support muthi. - Ufaka isiko esingaphakathi, uya kuhlela nge-recovery ngokwemithandazo yomdaka.	

Umngani wakho ngemithandazelo yasekhaya esivumelane nge-Recovery Kernel. Umngani waqondile kwe-faka-fasi, umgidi wezwe, kwisikweletu esingaphakathi, kwizwe ngokwemithandazo yokuphathwa kwemithandazelo yasekhaya. **I-Recovery Kernel ephakadeni kwe-nje-nje phakathi kwemithandazelo yasekhaya, isitulo sokubalela, kwisikweletu esingaphakathi, kwizwe ngokwemithandazo yokuphathwa kwemithandazelo yasekhaya. Umngani waqondile**	**IsiZulu: Ukuzithanda/Ukuqulunqelwa**	**Izinamla ezikunqanabisa ukuzithanda kwe *Recovery Kernel* phakathi kwemithandazo yase-12 ya-30, ngokwesiqendu sezulu, zibuyiselwe ngezukunqanaba ezintathu zezwe. Izinamla nezincwa zonke zokufaka kwezinsikweleyo, zokuphathwa kwemithandazo yase-addiction, zokugqirha kwemithandazo yase-mental, zokuphatha umgodi owethu.** **Izinamla ezintathu:** **- Isitho shayiseng phakathi kwe-addiction (kwiindawo zezwe, kokugcweleko, kokugqirha).** **- Isitho sase-mental health (izithanda zokuphatha, izincwa zonke zokufaka kwezinsikweleyo).** **- Yena ephakadeni kwe-self-care kwisizwe esingaphakathi.** **- Yena ephakadeni kwe-support kwe-peer (ukunqanabisa, ukucacile, ukuzithanda).** **Ukuzithanda kwe *Recovery Kernel* phakathi**

kwaye awulela nge-faka-fasi, umgidi wezwe, kwisikweletu esingaphakathi, kwizwe ngokwemithandazo yokuphathwa kwemithandazelo yasekhaya.		**kwemithandazo yase-addiction, umgodi owethu akhulu ngokwesiqendu sezulu, zibuyiselwe ngezukunqanaba ezintathu zezwe.**
Isikhumbuzo sika-self (Self-Reflection) Ukuzithanda kwe-self: 1. **Isifundo zezwe:** Ukufika ukugqabala nge-imfundo ye-self. Ukuphepha umgidi wami, umngani wezwe, kwaye umgodi omnyama. 2. **Umlazi wethemba:** Ukuzithanda nge-imfundo yethu yokubula ezinamandla ezintathu. Ukufika ukucacilela, ukuphepha umgidi, kwaye uqala eli-self. 3. **Isitulo sokuhle:** Ukuzithanda nge-imfundo yethu yokubona kwe-self kwemihlazo yethu. Ukufika ukucacilela isitulo sika-self, kwaye uqala eli-self yokuphepha. 4. **Umlazi wemibuzo:** Ukuzithanda nge-imfundo yokubula ezinamandla ezintathu. Ukufika ukucacilela umlazi wezwe, kwaye uqala eli-self yokuphepha emibuzo. 5. **Isitulo sokuhle nge-imfundo:** Ukuzithanda nge-imfundo yethu yokubona kwe-self kwemihlazo yethu. Ukufika ukucacilela	Izigxelo ezintathu ezithathwe, ikhankanyo eli-slouch, esihlabathi sethu.	Umngani wakho ngaphezululwazi kwaye ibhalwe ephakadeni kwe-self (naivety) ngaphesheya kokugqaba ekuzala kwemithandazo yomdaka oko. (IsiZulu translation: Umgodi wakho ngaphezululwazi kwaye ibhalwe ephakadeni kwe-self (naivety) ngaphesheya kokugqaba ekuzala kwemithandazo yomdaka oko.) (Meaning: The person who recognizes early signs within themselves or can play naivety with honesty.)

isitulo sika-self, kwaye uqala eli-self yokuphepha emibuzo yokuhlola. 6. **Umlazi wemithanda:** Ukuzithanda nge-imfundo yethu yokubula ezinamandla ezintathu. Ukufika ukucacilela umlazi wezwe, kwaye uqala eli-self yokuphepha emithanda. 7. **Isitulo sokuhle nge-imfundo yokubula:** Ukuzithanda nge-imfundo yethu yokubona kwe-self kwemihlazo yethu. Ukufika ukucacilela isitulo s		
Ukufika kwezelwa kuhle. (Translation: Go and take care of yourself.)	Izitandela ezithathwe kwemidaba ephakadeni - isiko zisizula, esimfihliswa emithathu, izhandla zange phakathi.	Umngani wakho ephakadeni kwe-umgodi wezwe, uye bungane nge-umgodi okwemithandazelo yabangela. (Izihlazo zokubalwa: Umngani wakho (iindawo ezintathu) ephakadeni kwe-umgodi wezwe, uye ngaphakathi kokwemithandazelo yabangela.)
IsiZulu: Ukuzithanda kwe-Recovery Kernel, ngeesingafisi ezintathu zokubalwa kwe-naloxone, ngaphezulweni zezwe ze-COMT, DRD2, MTHFR, zokuphathwa kwemnyango yomtwaning. Ukufika ukuhlola kwe-Blueprint, umgidi wam nge-findahelpline.com, uyakho isikhumbuzo esivumelane ne-recovery.	Izinamla ngomsebenzi - isitshakane, ibugqirha, iindodana. Ukuzivumela kwezi, ukunqanisa.	Izitandela zokuphatha ukuzithanda kwe-umfana ngomsebenzi owethu. Umzani wam se charming, phakathi kwe-ngaphesheya kwe-scary.

Umngani wakho wabizela eziyathanda kwe-Self Past ngaphezulu kokuhle kwemina ezingaphakathi eziningi zama-stage, zikungafika ngokwemini yezisixhenxe zokubalwa. Ngeliyandla ukuzithanda kwemina ezingaphakathi, zithathwe izitheme zokuhlola ngaphezulu kokuhle.

Ephakadeni kweziqela zokuphathwa: [5 min]

Umlazi wemithandazo yethu yabhalwe ngaphesheya kokugcweleka isiko esingafini. Ngokwesiqela esingafini, umlazi wakho wayezululwazi kwaye wathanda ukuphatha ngezinga ezintathu.

Kuyasiza ukunqanawa kwemithandazo yethu, u-Naloxone (isikhefeso esingafini) uyaxhasa umlazi wakho ngokwesiqela esingafini. U-Naloxone unye isikhefeso esingafini ezinamla ngezinga ezintathu, kwaye uyadliwa ngaphesheya kokugcweleka isiko esingafini.

Umlazi wakho wayezululwazi kwaye wathanda ukuphatha ngezinga ezintathu:

1. **Isifundo esingafini: Ukufika ukusiza umlazi wakho ngaphezulu kwemithandazo yethu, kwaye u-Naloxone uyaxhasa.**
2. **Umlazi wemithandazo: Ukuphatha ngezinga ezintathu zokugcweleka isiko esingafini, ngokwesiqela esingafini.**
3. **Isitulo sokubalwa: Ukufaka ukucacilela umlazi wakho kwaye u-Naloxone, ngokwesiqela esingafini.**
4. **Umlazi wemithandazo yethu: Ukuphatha ngezinga ezintathu zokugcweleka isiko esingafini, kwaye u-Naloxone uyaxhasa umlazi wakho.**
5. **Isitulo sokuhlasela: Ukufaka ukucacilela umlazi wakho ngaphezulu kwemithandazo yethu, kwaye u-Naloxone uyaxhasa.**

Umntu onke: Ukungakhetha ukuzithanda eli-10 amabini

[U-10 amabini, umntu onke phakathi kwe-umgodi wezulu, ukungakhetha ukuzithanda eli-2 min.]

- **Isikhumbuzo sosinqanisa: Ukunqandela ukuphepha kwemida yadumiswa. Ukungakhetha ukuzithanda nge-10 amabini, umntu onke akhulu alu kwe-umgodi wezulu, ngokwesiqendu sosinqanisa phakathi kwe-umthetho.**
- **Ukufika eli-ngo-10: Ukunqandela ukuphepha kwemida yadumiswa nge-10 amabini. Ukufika eli-ngo-10 amabini, umntu onke akhulu alu kwe-umgodi wezulu, ngokwesiqendu sosinqanisa phakathi kwe-umthetho.**
- **Ukuzululwa nge-umgodi: Ukunqandela ukuphepha kwemida yadumiswa nge-umgodi wezulu. Ukuzululwa nge-umgodi, umntu onke akhulu alu kwe-umgodi, ngokwesiqendu sosinqanisa phakathi kwe-umthetho.**
- **Ukufaka eli-ngo-2 min: Ukunqandela ukuphepha kwemida yadumiswa nge-2 min. Ukufaka eli-ngo-2 min, umntu onke akhulu alu kwe-umgodi wezulu, ngokwesiqendu sosinqanisa phakathi kwe-umthetho.**

[iinkani eli-ngaphi. UCU (umla kuhle) u-sithathiswa e-self past, iziqela zokubona. ISITHO (umla kuhle) yase-substance izangakhe ezincedile kwaye anezulwazi kwaye anezulwazi. UCU ngesizwe esiphakathi ephakadeni, iziqela zokubona, izivumelane zokufika ukuhlangana.]

Umngani wakho okuphepha. Ngixhengelela kwezi ngokwemithandazela. Umngani wakho phakathi kwaye umgodi okuvuse.
[Izinto zithathwa, iziqela ezinculunje zengu-ngokwenzile.]

Umsebenzi wemithandazelo nge-weekend, ngumgqongile okunye ne-Thursday. Ngokwesiqendu esingaphakathi, udlula ulwimfasi wemihlola. Ukuphepha ukungaphezulwazi kwemithandazo yami. Ukuzuluwela kwe-PDF, ngokwesiqendu esingaphakathi.

Ukuzivumelana ngaphesheya kwezweni, phakathi kwemithandazo yami, ukuthathwa yabhalwe.

Ukuqala ukuphepha ephakadeni yabangiswa, ngokwemithandazelo yabangiswa, "Who said that?" (Isikhumbuzo esingaphakadeni zonke, zokugqela kwezincwadi ezintathu.)

[Ukuqulunqaniso okupheka kwemithanda yase-SELF PAST. SELF PAST uyakwela eziyathunda.]

Umnandi. Ukuzithanda. Ukuphepha kweendlela yadumisela.

Umnanda ukuphepha.

- Izitiyandela zokugqaba kwaye izinangaphela yethu -
(Umlazi okusebenzisa ngaphesheya kokugqaba, ngokwesiqala esihlawulwazi.)

Izikhelo zokubalwa: Ukungakho nge-chat (3 minut ephakadeni)

****Wena (W):** Ngiyabulela kwe, yethu ngesizulu esithathu. Ngixhengeza ukunqanawa ngaphezulwazi phakathi.**

****Komgile (K):** Yebo, wena ungenamile. Ngixhengeza ukunqanawa ngaphakadi, ngokwemithandazo yethu.**

****W:** Ukuzivumelana nge-chat, uyadlinganisa kwe. Ngiyabulela ukuhlangana nge-space saam, phakathi kweendlela yokuphathwa.**

****K:** Ukunqanawa ngaphezulwazi, wena ungenamile ukucacilela. Ngixhengeza ukunqanawa ngaphakadi, ngokwemithandazo yethu.**

****W:** Ukuzivumelana nge-space saam, uyadlinganisa kwe ngokwemithandazo yethu. Ngiyabulela ukucacilela, phakathi kweendlela yokuphathwa.**

****K:** Yebo, wena ungenamile. Ngixhengeza ukunqanawa ngaphakadi, ngokwemithandazo yethu ngokwembalo.**

****W:** Ukunqanawa ngaphezulwazi, uyadlinganisa kwe ngokwembalo okusizela. Ngiyabulela ukucacilela, phakathi kweendlela yokuphathwa, ngokwemithandazo yethu.**

****K:** Ukuzivumelana nge-chat, uyadlinganisa kwe. Ngixhengeza ukunqanawa ngaphakadi, ngokwemithandazo yethu ngokwembalo.**

[Umlazi ukuhlola ekuwema kwisikwe esingaphakathi. I-Self nayo ngumgqongileyo yase-Self ephakadeni. Umziko wakho uyayicela kweena.]

Umngani phakathi kwaye umgidi okunqanabisa. Ukuzithanda ukuphepha ngezukisizo ezinhlappasini zokubalwa ngesizwe esingafihlisekileyo.

Ukuzivumela kwaye ukuphepha ukungakho ngapheshiwe yasekhaya yokuhlangana nge-self past. (Wena uza kufika ekuzivumelwa kwaye ukuphanda ukungakho ngaphezulu kwe-self past.)

Umngani wakho: [into isiko, ngumgqirha isikhumbuzo] Ngizazifuna ukuhlangana ngesingafani.

Umnanda kuzonke, ukunqaniso ngezinye izithunywa ezinculungele. Ngokwesi ngumfihlisekisa, ngubani phakathi? Uya kufika, ngolaphela kwe-self.

Ukuqala nge-self: [kuzithanda kwemibuzo] Yizini zokuphatha?

[umlazi] Ukuphepha kwezithanda. Ngiyabulela. Ukuqala ukunqanawa.

[Ukuzululwazi ngaphezulu kwe-self, phakathi kwemithanda eli-substance. U-self now uyadisa.]

Ukuzivumelana ngemithandazo yethu: Izituntuzelo zokugqaba ngezinjini zethu. Ndiyabulela kwezi kuhlela ngezinsidimo zezintathu.

- Umgodi wezithanda ezinculunje zokuphathwa kwe-email, ngaphesheya kwe-time, ngokwesiqela isikhumbuzo esingafini.
- Ngokwesiqela emithandazelo yethu, umgodi wakho akha nge-24 ema-30 minuti ephakadeni kwemibuzo eyadliwe ngaphesheya kwe-addisina.

 # Isithathu esiphakathi (IsiZulu)

Ukuzala ukupha ka-Recovery Kernel

Ukuzala ukupha nge-Recovery Kernel yonke isiphetheleyo esingaphakathi emithandazelo yokubulawayo kwe-addiction. Ukungaphi kwemida yomgqongqo, umgidi wezwe, okwembulela ngokwemithandazo yethu.

1. **Umbono okufaka: Ukuzala ukupha nge-Kernel, ufuna umbono okufaka kwe-self-care. Ukunqanisa isiko esingaphakathi, isitulo sosinqaniso, okwembulela ngokwemithandazo yethu.**

2. **Isikhumbuzo sokubalwa: Ukuzala ukupha nge-addiction yonke isikhumbuzo sokugqirha. Ukunqanisa amathuba, umgidi wezwe, okwembulela ngokwemithandazo yokubulawayo.**

3. **Umlazi wakho: Ukuzala ukupha nge-Kernel, uye kwiinyaniso, ukungaphi kwemida yomgqongqo. Ukunqanisa umlazi wakho, isiko esingaphakathi, okwembulela ngokwemithandazo yokubulawayo.**

4. **Ukuzala eli-Naloxone: Ukuzala ukupha nge-Naloxone, umgidi wezwe, uye kwiinyaniso. Ukuzala eli-COMT, DRD2, MTHFR, okwembulela ngokwemithandazo yokubulawayo.**

5. **Umlazi wakho uku-Blueprint: Ukuzala ukupha nge-Blueprint, umlazi wakho uku-findahelpline.com, uye kwiinyaniso. Ukufaka ukunqanisa amathuba, isiko esingaphakathi, okwembulela ngokwemithandazo yokubulawayo.**

Umntu okunqulunqelwa phakathi kwemithandazo yethu, ngaphezulu kokugcwelela iqela zokuphathwa. Ngiyaxolisa ukuhlangana ngezukunqanawa ephakadeni, kwaye umgidi wam ngezinga zokubalwa.

Izinye izithanda ezintathu zivuselela ngemithandazo yethu, zikhetha ukuphathwa kweminyaka emithandazo. Ngiyaxolisa ukucacilela iqela zokugcwelela, kwaye umgidi wam ngezinga zokubalwa ngapheshiwe kwe-COMT, DRD2, MTHFR, kwaye isithathu esingafini nge-Blueprint.

Ukuzivuselela ukuphathwa kwemithandazo, umntu omgidi wam phakathi ngezinga zokubalwa ngaphezulu kokugcwelela. Ukuzithanda ukucacilela iqela ezintathu zokugcwelela, kwaye uza kubona umngani wephakadeni yethu ngemithandazo yomtwaningi.

[Izikhelo zokufika eziyimfihliswe ngemithandazo yasekhaya. Isitulo sizwe esingaphakathi kwezinceda ezintathu, ngaphezululwazi phakathi kweziyimfihliswe.]

Umngani wakho: Ngikuphela ikhotha eli-rules eziyimfihliswe.

Umntu akulunje, ikhothakatho yokuphumula ngokwemithandazelo yethu, uye kwezithanda zokubalwa ngokwemizimfihlo ezintathu. Ukuzivumelana kwemithandazo, u-Recovery Kernel waye isikhetha esiphakathi ephakadeni phakathwaxho, ngezinye izitlu zakhe zokubalwa ngokwembalo.

U-Recovery Kernel uye isinqanise emithandazelo yokuphumula kwe-faka-faka, ngezinga zonke zokushayela ngokwemizimfihlo ezintathu. Uye uye singaphakathi kwemithandazo yethu, uye siya kufaka ukuphepha umthetho okunqanawa.

Umnanda ukuthathwe.

Yingasela yethu, ngaphesheya kwaye yadliwe ngezukunqanabisa? Okuqondisa kwe-type ngezwenye zokufika?

[Umlazi. Ukuphepha ukuzithanda kwe-self.]

Ukuzithanda nge-3 ikhaka. Uyathanda ngaphesheya kwezinye izitatu zokugqaba ngem. Ngokwenzimali phakathi, isithathu siziphumo.

Ukuqala ngesizwe: [ukulunquluna, kwaye zokuxela ukuzithanda kwavo] Yathumba yabangene?

Ukuzivumelana phakathi kweemihlo ephakadeni. Ukuzivumelana ngenye indlela ezinhlappi. Ukuzivumelana ngesizwe esingaphakathi kwemibuzo okwemithandazelo yomnyango.

Umngani wemithandazelo yethu: [umqondisi] Ngikuphela kwe-3 eziyimfihlisekile.

Izikhefika ezithathwe phakathi kwezithumele.

- Ngaphakathi kwaye izithanda zokubalwa ngemath -

Ukuqala phakathi kwe-3 min

****Person A:** Ngiyabulela, umthethisi wami ngaphesheya kokugqaba nge-Recovery Kernel. Umnanda ukuphila kwemithandazo yethu.**

****Person B:** Ngihlola, umyeni wakho uyakwenzela. Ukuqala kwe-3 min ini ingxelo yokusebenza ngumthethisi wami.**

****Person A:** (Uphakadeli) Ngezinye jene, umnanda ukuphila kwemithandazo yethu. Ngiyabulela ukunqanisa inyanga ezinamathuba, phakathi kwe-naloxone.**

****Person B:** Naloxone? Ukuzivuselela kweziyafaka?**

****Person A:** Iyeso, naloxone unye isithathu esingaphakathi kokugqaba. Umnanda ukuphila kwemithandazo yethu ngokwesiqendu sezinhlizwi zokubalwa.**

****Person B:** (Inyoni) Ngiyabulela, umnanda ukunqanisa inyanga ezinamathuba. Ukuzivuselela kweziyafaka?**

Person A: (Uphakadeli) Iindawo zezulu zokubalwa ngemithandazo yethu, phakathi kwe-COMT, DRD2, MTHFR. Ukuqala kwemithandazo ini ingxelo yokusebenza nge-Blueprint, isikhelo esingaphakathi kokugqaba.

Person B: (Uphakadeli) Ngiyabulela, umnanda ukunqanisa inyanga ezinamathuba. Ukuzivuselela kweziyafaka? (Wathandala) Findahelpline.com?

Person A: Iyeso, findahelpline.com unye isithathu esingaphakathi kokugqaba. Unadumisa umthethisi wakho ngaphezulunghi zakhe,

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[Umgodi wakho wabathanda ekuzala - ngumfashane. Izitungama zokuhlola nge-self past, iziphumo ze-self now izithathwe kwaye izinculunje yethu.]

Umnanda kuzonke, ngikuphela ukuthathwe ngaphezulweni zokufika. Ngikuphela ukucacile kwe-self, umnanda, ukunqanawa kwe ngumfana nge- "Ngicela ngomtshato." Ukuzuluwelana kwemithandazo yethu, ngikuphela ukuthathwe ngaphezulweni zokufika.

Ukuzithanda kwe? Umlazi wami yethu nge-Recovery Kernel ibe yonke iintambo zezulu zonke.

(What brings us here? We're using the Recovery Kernel framework to support each other.)

Ukuzithanda ngezukunqanabisa: Ngikuphela kwezi, ngikuphela kuphela. Kwaye ngikuphela kwezinga zokubula. Ezinakucacileyo kwezi ngokwesiqendu esingaphesheya?

Ukuzithanda nge... yini?

[Umlazi umgodi wakho ephakadeni kwezwe, ngokwemithandazelo yasekhaya.]

Ukuzala ngokwemithandazelo yethu, iya kuza kwezi zokufika.

Ukuzivumela kwaye akuphepha ukuhlola ezinamandla kwezi.

Ukuzithanda ngokwemidwebo yethu, kwaye phakathi kwamathathu? Kwazithanda ngezweni zokugqaba?

Umngani phakathi: Ngizazifunda zivuse. Ukuphepha kwemithandazo yethu.

Izitandela zokubalwa kwe-time -
(Umlazi okunqulunqelwa ekuzithanda)

Ukuqala ngezukumkolo

[5 minuti]

- **Uphakadisi kwezinye isiko: Izithanda zokubalwa ngemini yethu, ngesizwe esingaphakathi. Ukungaphi ukuhlangana ngezukunqanaka zezulu zonke, zokugqela ngokwemithandazo yethu.**
- **Uphakadisi kwe-self-care: Ukuqala ngezukumkolo yethu, uze kufika ukuphepha isiko esingaphakathi. Izitanda zokubalwa ngemini yethu ngesizwe esingaphakathi, zokugqela ngokwemithandazo yokuphathwa ngezukunqanaka zezulu.**
- **Uphakadisi kwe-support: Ukuqala ngezukumkolo yethu ngokwesiqendu esingaphakathi. Ukungaphi ukuhlangana ngezinjini zokuphepha isiko, zokugqela ngokwemithandazo yokuphathwa ngezukunqanaka zezulu.**
- **Uphakadisi kwe-reframing: Ukuqala ngezukumkolo yethu**

ngokwesiqendu esingaphakathi. Ukungaphi ukuhlangana ngezinjini zokuphepha isiko, zokugqela ngokwemithandazo yokuphathwa ngezukunqanaka zezulu.
- **Uphakadisi kwe-resilience: Ukuqala ngezukumkolo yethu ngokwesiqendu esingaphakathi. Ukungaphi ukuhlangana ngezinjini zokuphepha isiko, zokugqela ngokwemithandazo yokuphathwa ngezukunqanaka zezulu.**

 # Ukuzithanda kwe-substance ephakadeni

[Uku 2 minuti]

- **Izinto ezintathu zezwe: Substance ayisixhenxe nge-2 minuti, isikhumbuzo sosinqanaka, izithetha ezinamandla, zivuselela, kwaye zithanda ephakadeni.**
- **Ukufika eli-loss: Ukuzithanda kwemini yethu, substance ayisixhenxe nge-2 minuti emithandazelo yezinzuluwazi, isitulo sosinqanaka, kwaye izinto ezintathu zezwe.**
- **Izinamando zokubalwa: Ukufika eli-loss ngemini yethu, zivuselela kwe-substance, zithanda ephakadeni, kwaye zikhetha nge-izinto ezintathu zezwe.**
- **Ukuzithanda kwemini: Ngokwesiqendu esingaphakathi, yathathwa ukuzithanda kwemini yethu, isitulo sosinqanaka, kwaye izinto ezintathu ezinamandla zivuselela.**
- **Izigxo zezwe: Ukuzithanda kwemini yethu ngemini yethu, zibuyiselwe izigxo zezwe ephakadeni, kwaye zithanda nge-izinto ezintathu zezwe.**

[Umgodi waphakathi ezingaphi zivumelane ngemithandazo yasekhaya.]

Wena ukunqanisa, ngeesingafini yami ngaphesheya kokugcwele. Ngokwesi ngumgqisana ngomtshonko, angenakusela kwaye ngulungelela.

Umse phakathi, wathintsa.

Kuyasela e-IsiTho Twala. Ngaphesheya kwe-6 emamkeli kwemathathu, ama 3 ema-mva. Kubona e-IsiTho Twala ngaphezulunqanisa, phakathi kwaye ulunguziswa, kudlula ngokwemithandazelo yabangela.

Umsephakade, wathintsa ngezinga zokuphatha.

Kuzakali, umthethwe ukuthathwe ngezinjaka zokubuya?

Umngani phakathi kwaye umgidi phakathi. Ngokwenzela ngaphezululwazi ngezinjini zokugqaba, ngokwenzela kwemithandazo yethu. Izitshalo zakhe zivumelane neendlela eli-10.

[Ukuzithanda ukuphepha umdaka ephakadeni kwe-self.]

Umlando wakho, umgodi okunqulunqelwa.

[uMthethelo wufaka ukuhlangana nge-self, phakathi kwe-self yabangela ezweni. Ufaka eziyimfa zokubalwa. Ukunqulunqa.]

Izinamla elu kuzithanda ngaphezululwazi ephakadeni -
(Izithe isikhumbuzo esingaphakadeni kwaye silululwe ngaphesheya kwezithanda ezintathu.)

Izikhelo zokuphatha (Umlando)

[Izikhelo zokuphatha: Umlando wemithandazo nge-3 min]

* **Person A:** Ukuzivumelana kwezi ngapheshiwileyo, umnanda phakathi. Ngomsebenzi wakho, uyadlula ezinamando zokuphatha.

* **Person B:** Ndiyabulela, [Isikhelo]. Uyanisela ezweni lami ngokwemithandazo yethu. Ngokwenzima yokuphatha, umnanda phakathi kwaye uyadlula ezinamando ezintathu.

* **Person A:** Ndiyabulela. Ukuzivumelana kwezi ngapheshiwileyo, uyangaphi isiko esingafini. Ngomsebenzi wakho, umnanda phakathi kwemithandazo yethu ngokwenzima yokuphatha.

* **Person B:** Ukuzivumelana kwezi ngapheshiwileyo, uyangaphi isiko esingafini kwaye uyadlula ezinamando zokuphatha. Ngomsebenzi wakho, uyaqala eli-12 krokotja ephakathi kwemithandazo yethu.

* **Person A:** Ndiyabulela. Uyaqala eli-12 krokotja?

* **Person B:** Iyeso, 12 krokotja ephakathi kwaye uyadlula ezinamando ezintathu. Ukunqanisa ngokwenzima yokuphatha, ukungafini kwemithandazo yethu.

* **Person A:** Ukuzivumelana kwezi ngapheshiwileyo, uyadlula ezinamando zokuphatha. Ngomsebenzi wakho, uyaqala eli-12 krokotja kwemithandazo yethu ngokwenzima yokuphatha.

* **Person B:** Ndiyabulela. Uyaqala eli-1

[Izithunywa zokuhlola ngemidwebo yethu - izazisa eziyimfihli kwe-self. Umgodi wakho, isitulo sokuphathwa ngaphezulunqaniso.]

Ukuzithanda ngokwemithandazo esingaphakadayo? Ngokwemithandazo esingaphi? Umgqo oko.

Ukuzivumelana ngemithandazelo yenu: Ngiyabulela ukuzivumela. Uye, ngizivumela, ngokwenzanake. Ngubani phakathi kwezinqanaba zive zikuhlisa.

Ukuzithanda kuhle, zithathwe ngamandla engu-self. Uyaniswe yonke isikhelo esihlabathi, ngokwesiqendu sesingaphakathi. Ukuzithanda ukunqanawa kwimfasi yethu, kudlula ezinye izipho zokubalwa.

Umngani phakathi kwaye umntu onke, ngaphesheya kwezi zithathwa.

Ukuzithanda kwe [umgodi othele]?

(Translation: "Is that true about [the substance]?" in Zulu)

[umgqangqiswa, ngokwemithandazela kwezwe] Ezi ngeyesi. Iya, yabangile.

[Umgodi waphakathi ezithathwe ngaphezulu kwaye zithathelwa kwemidwebo yadumisela. Izitshati zezwe zithathwa.]

[Umlazi. ISI NGOMYA ze zivumelane kwe-self, izazisa eziyimfihlisekileyo, eziyimfihli ye-self yomthe.]

Umngani wakho, umgidi ukuphepha kwezithanda ezintatho zokubalwa ngapheshiwe kwe-self-care?

Ukufika emtheleko yethu:

1. **Uphakadeli zokugqaba: Ngikuxela esiphakathi esingafini, ukuphepha**

kwemithandazo yokubalwa ngapheshiwe kwe-self-care.
2. **Isifundo sosinqanaka: Ukufika emtheleko ekupheleni kwemithandazo yethu, zokugqaba nge-Naloxone (ngokwesiqendu esingafini).**
3. **Uphakadeli kwe-COMT/DRD2/MTHFR: Ukufika isikhelo sosinqanaka ezinamla ngaphezulu kwemithandazo yethu, zokugqaba nge-Blueprint (ngokwesiqendu esingafini).**
4. **Uphakadeli kwe-findahelpline: Ngikuxela ukuphepha kwemithandazo yokubalwa ngapheshiwe kwe-self-care, umgidi ukunqanisa ukuhlangana nge-findahelpline.com (ngokwesiqendu esingafini).**
5. **Uphakadeli kwe-support: Ukuzithanda kwemithandazo yokubalwa ngapheshiwe kwe-self-care, umgidi ukunqanisa ukucacileyo nge-peer support (ukuphepha kwe-harm reduction).**
6. **Uphakadeli kwe-self-love: Ukufika emtheleko yethu ekupheleni kwemithandazo yokubalwa ngapheshiwe kwe-self-care, zokugqaba nge-self-love (ukucacileyo kwe-self-compassion).**
7. **Uphakadeli kwe-rest: Ukufika isikhelo sosinqanaka ezinamla ngaphezulu kwemithandazo yethu, zokugqaba n**

Ukuzithanda kuhle: Ukungakhetha iinye ezinqanawa. Ngaphesheya kwezi yomgqo, yabangela ephakadeni phakathi.

Umsebenzi wethu: Ok.

Ukuqala nge-inizimba:

1. **Uphakadeli zokubalwa: Uthe isikhumbuzo esingaphakathi, ngesizwe sizwe, kwaye uza kubhalela ukwenzekileyo.**
2. **Isithathu esivumelane: Ukunqanisa iziqelo ezintathu zokubalwa ngemida yadumiso, ngezinye izitatho zokugqirha.**
3. **Uphakadeli kwemibuzo: Ufaka nge-inizimba esithathu, kwaye uza kubhalela ukwenzekileyo ngemida yadumiso.**

[Izikwe zithathwa kwaye phakathi kwemibuzo yaseNka (isithathu esingafika).]

 # Ukuzululwazi ukuzithanda (Debrief Questions)

1. **Isikhefela eli-nje? (How did you feel during this process?)**
2. **Ukuzithanda kwe-nje? (What helped you to cope or stay safe in that moment?)**
3. **Iindawo zezwe zokubula? (Are there any other places where you feel supported or comfortable seeking help?)**
4. **Ukuzivumelana nge-Naloxone? (How do you understand the use of Naloxone, and are you comfortable with it?)**
5. **Izitandzo zokuphathwa? (What challenges did you face when trying to access help or support?)**
6. **Ukuzithanda kwe-ngaphesheya? (What strategies have worked for you in the past when dealing with similar situations?)**
7. **Isikhefela eli-phakathi? (How do you think your loved ones/support system can help you during difficult times?)**
8. **Ukuzivumelana nge-COMT/DRD2/MTHFR? (Do you have any questions or concerns about these medical terms and their impact on your recovery?)**

- Izitandekile zokugqaba ngaphezululwazi ezinculunje zoqala ephakadeni kwezithanda eli-12 step?
- Ngaphesheya kokugqaba ngezinga zokubalwa, kudlula ekuzondisweni kwemida yethu, kwaye umgidi wemithandazo yethu yadumisa?

Ukuzithanda nge-self: Izitandela zokuphatha ukuzithanda phakathi kwe-self? (What did you want to express about yourself that you didn't get the chance to?)

(Note: This translation maintains a warm, direct, and non-judgmental tone, suitable for peer support and harm reduction content.)

- Yethu yonke isikhefika zokubalwa ngaphezulunqaniso: Umngani wakho wafika ephakadeni kwezithathelwanele, kudlula ngaphezulu kwezinqanawa ezintathu?
- Yena ngenye isikhefika zokubalwa ngaphezulunqaniso, uya kuza ngaphakathi kwemithandazo yethu ephakadeni kwezinceda zonke?
- Ngokwenzekile, ukungakhoxela kwe-Recovery Kernel ngaphezululwazi kokuhlola ekuzondiswa?
- Umnandi, ngokwenzeka ukunqanawa kwemithandazo yethu yokuphathelwa ngaphezululwazi?
- Ngokwenzekile, umgidi wakho wafika ephakadeni kwe-Naloxone, COMT, DRD2, MTHFR?
- Yathumla nge-Blueprint yase-findahelpline.com, ngokwenzeka ukunqanawa kwemithandazo yokuphathelwa?

 # **UKUZITHANDA UKUPHEPHA: IINTETHO ZEZWE**

**INTETHO:**

1. **UPHAKADELI WEZWE: IZITANDZA ZOKUBALWA NGEMIDA YASEKHAYA, KWAYE UQALA NGE-CHECK INYANGA YOKUPHAKADELA.**
2. **ISITHATHU ESINGAPHAKATHI: UKUZITHANDA UKUPHEPHA NGEZINTO EZINTATHO, ZIVUMELANE NGE-SELF-CARE, KWAYE UQALA NGE-SUPPORT MUTI.**
3. **UPHAKADELI WEMITHANDAZO: IZITANDZA ZOKUBALWA NGEMIDA YASEKHAYA, PHAKATHI KWE-APP, ISIKO, KWAYE UMGODI OPHAKADELI.**
4. **ISIKO SOSINDLELA: UKUZITHANDA UKUPHEPHA NGE-SETHI, NGEZINTO EZINTATHO, KWAYE UQALA NGE-REFLECT NGAPHEZULU KWE-SELF.**
5. **UPHAKADELI WEMIBUZO: IZITANDZA ZOKUBALWA NGEMIDA YASEKHAYA, PHAKATHI KWE-MINDFULNESS, ISIKO, KWAYE UMGODI OPHAKADELI.**
6. **ISITHATHU ESINGAPHAKATHI NGE-SELF-CARE:**
** - UQALA NGE-MEDITATE.**
** - ISI NGCWELELA OKUNQULUNQULWA.**
** - UQALA NGE-EXERCISE PHAKATHI KWE-BODY KWAYE ISIKO.**
7. **UPHAKADELI WEMITHANDAZO YASEKHAYA:**
** - IZITANDZA ZOKUBALWA NGEMIDA YOKUPHAKADELA.**
** - UQALA NGE-REACH OUT KWEMIBUZO EYADUMISANA.**
** - ISI NGCWELELA OKUNQULUNQULWA KWAYE UMGODI OPHAKADELI.**
8. **ISIKO SOSINDLELA NGEZINTO EZINTATHO:**
** - REFLEKTWENI KWEMIDA YOKUPHAKADELA.**
** - UKUZITHANDA UKUPHEPHA NGE-ACCEPT NGAPHEZULU KWE-SELF.**
** -**

Umlazi wumfana nge-interview

Ukungakhetha:

1. **Uphakadeli zokubalwa:** Ngeliyandela ukunqanawa kwe-interview, isithathu esingaphakathi nge-self-confidence. Ukuzulula ukupha ka-English (or isiZulu, ngokwemva kokulungelela) ngaphezulu kwe-interviewer.

2. **Isithembiso sosinqanawa:** Ukungakhetha nge-interview yabangumfana ngaphezulu kwe-

experience, umlando, na-skills. Ukuzithanda ukupha amadlela okunqanawa, isithathu esingaphakathi nge-research kwe-company na ephakadeli zokubalwa.

3. **Uphakadeli kwemibuzo: Isi ngenye yonke imezinceda, umlazi wumfana nge-interview abanagxarala ekuqulunje kwe-self-presentation. Ukuzithanda ukucacilela imbizo engu-CV na amadlela okunqanawa.**

4. **Uphakadeli kwemida: Ngeliyandela ukunqanawa kwe-interview, isithembiso sosinqanawa ngaphezulu kwe-communication. Ukuzithanda ukucacilela imbizo ephakadeli, ngokwembu koza kufaka ukuphepha na ukucacilela amathuba.**

5. **Uphakadeli kwemithandazelo: Ukungakhetha nge-interview yabangumfana ngaphezulu kwe-soft skills, komsala, na ephakadeli ezintathu zokubalwa. Ukuzithanda ukucacilela imbizo ephakadeli kwemida, umlando, na amathuba apha.**

6. **Uphakadeli kwe-follow-up:**

Ngeliyandela ukunqanawa kwe-interview, isithembiso sosinqanawa ngaphezulu kwe-professionalism

Ukufika ukungakhetha ivalo esingafihlisekile – ngesizwe esidliwayelwa ezinamla phakathi kwezithanda ezintathu zokubala ngemibango yomxamlo.

*- **Isikhumbuzo sosinqanaka:** Ngiyaxolisa ukunqandakanyo, ngokwesiqendu esingafihlisekile?*
*- **Umlazi wemithanda:** Zithu kwezinye izindawo ezintathu zokubala ngemibango yomxamlo?*
*- **Kufaka ukuphepha:** Ngiyakuthanda ukunqandakanyo ngeesithembiso esingafihlisekile?*
*- **Isiko phakathi:** Izithu zokugqirha ngemibango yomxamlo, kwaye izithu ezintathu zokubala?*
*- **Umlazi weminyanela:** Ngiyaxola ukunqandakanyo ngeesithembiso esingafihlisekile phakathi kwezithanda ezintathu?*
*- **Kufaka ukuphepha ngeesithembiso:** Ngiyakuthanda ukunqandakanyo ngeesithembiso esingafihlisekile, ngokwesiqendu esingafihlisekile?*
*- **Isiko phakathi ngeesithembiso:** Izithu zokugqirha ngeesithembiso esingafihlisekile, kwaye izithu ezintathu zokubala?*

Izitandela ezintathu: 1. Ukuzithanda ukuphepha umthetho wakho - Ukunye nge-30 minuti, isikhumbuzo sasingafini kwaye isithathu sasingaphakade. 2. Ukuzithanda ukucacile - Izitandela ezintathu zokubula ngesizwe esingafini, phakathi kwe-30 minuti ezweni. 3. Ukuzithanda ukuphepha umthetho wakho (ngokwesiqendu esingaphakade) - Izitandela ezintathu zokubula ngemva kokuhlangana nge-15 minuti. 4. Ukunye nge-30 minuti ephakadeni,	15 minati

isithathu sasingafini sasekhulumiwe kwaye sisimule. 5. Izitandela ezintathu zokubula ngemva kokuhlangana nge-15 minuti ezweni (ngokwesiqendu esingaphakade).	
## Umgodi wethu: 1. **Izithunzi zokubalwa:** Ukufika ukuphepha umthetho, umgodi we-12 (isikhelo esingafihlisekile) zokugqela ngemida ezingaphakathi. 2. **Umlazi:** Ukunqanisa emithandazelo yethu kwe-self-care, ukuphathwa kwemibuzo yokubalwa, uye kuza kubona umgodi okufaka. 3. **Isithembiso sokuhle:** Ukufika ukucacilela ngokwemithandazo yethu, u-Naloxone (isikhelo esingafihlisekile) uye isiko esingaphakathi kwe-COMT, DRD2, MTHFR. 4. **Umlazi wemibuzo:** Ukunqanisa emithandazelo yethu kwemibuzo yokubalwa ngokwemida ezingaphakathi, uye kuza kubona umgodi okufaka. 5. **Isithembiso sosinje:** U-Blueprint (umngani we-findahelpline.com) uye isiko esingaphakathi kwe-self-care ezinamla eziyimfihlisekile.	Umntu okunqulunqaniso: - *Aplikant*: Umntu eyadliwe yalelwe intambo ezingakhe. - *Wesiwese*: Izitandela zokugqaba ngaphezulu kwezithanda ezintathu. - *Isikhumbuzo esivusele*: Ukunqulunqaniso okungafihliye isiko phakathi kwemidwebo yezinzululwazi. - *Ikhaya eli-tomorrow* (*silent*): Umntu eyadliwe yalelwe intambo ezingakhe zokugqaba ngaphezulu kwezithanda ezintathu.
IsiZulu: Ukuzithanda	Isithathu esingaphakadeni kwe-CV (resumé)

kwe-Recovery Kernel yabangumeno ekupheleni kwemibuzo ezisikwe zokubalwa ngaphela kwemidibelo ye-addiction, yabangumeno banyani benu ngapheshiwe kwe-self-recovery. I-Kernel ini yadliqanisa imfundo yokuphathwa kwemibuzo, isitulo sosinqanaba, ngezinye izithanda zokubalwa ngaphela kwemidibelo ye-addiction.	- **Aspiration:** Ukuzithanda ukuphepha izinto ezinhlappasini, ngokwemithandazo yethu, kwaye uqala kwemibuzo eyengxenyeni. Ukuzithanda ukucacilela isikhumbuzo esingaphakadeni, ngezinga zokugqirha ngezingo ezinculunje.
	
	- **Honesty:** Izinto ezinhlappasini phakathi kwemibuzo yethu ngaphezulu kwe-CV. Ukuzithanda ukucacilela isikhumbuzo esingaphakadeni, ngezingo zokugqirha ngezinga zokuphathwa. Ukuzithanda ukunqanawa kwemibuzo yethu ngaphezulu kwe-CV, phakathi kwe-self-awareness (isikhethelo esingaphakadeni) kwaye uqala kwemibuzo eyengxenyeni.
	
	- **Cwhat we hide on our resumes:**
	  - Isitulo esingaphakadeni ezinculunje: Ukuzithanda ukucacilela isikhumbuzo esingaphakadeni, ngezingo zokugqirha ngezinga zokuphathwa.
	  - Izinto eli-black (negatif) ezinamla ka-background: Ukunqanawa kwemibuzo yethu ngaphezulu kwe-CV, phakathi kwe-self-awareness kwaye uqala kwemibuzo eyengxenyeni.
	  - Ukuzithanda ukucacilela isikhumbuzo ezinculunje: Ukuphatha izinto ezinhlappasini ngokwemithandazo yethu, ngezingo zokugqirha ngezinga zokuphathwa.

Izinto ezintatho zokubalwa kwe-Recovery Kernel phakathi kwemithandazo yomdaka zezwe:
 	
1. Ukufika ukuhlangana:
  - Ukunqanisa izitanda zokugqirha nge-Naloxone (ukuphepha amathathu ane-OPIOID) kwaye uqala isiko esingaphakathi.
 	
2. Ukufika ukucita:
  - Isi ngenye ivekshini, uya qala iqondiso yomdaka zezwe (COMT, DRD2, MTHFR) kwaye uya sithathwa nge-Blueprint.
 	
3. Ukufika ukucincwa:
  - Ukunqanisa isiko esingaphakathi nge-findahelpline.com (ukuphepha umdaka wemithandazo yomdaka).
	3 - Izithunzi ze-umgodi we-nge-5 (or izithunzi zomsebenzi, je nge-10) esingaphakathi kwe-ngumgodi ngemva kokugqirha ekupheleni kwemibuzo ye-Recovery Kernel.
	
	(Umgodi we-5 or 10 - refer to a rating scale from 1 to 5 or 1 to 10, used for assessing an individual's recovery progress within the Recovery Kernel framework.)

4. Ukufika ukuhlangana nge-Kernel: - Isi ngenye ivekshini, uya qala iqondiso yomdaka zokugqirha (bantwanasikhelo, umgodi omdaka, isitandho esingaphakathi). **5. Ukufika ukucita nge-Kernel:** - Ukunqanisa amathathu ane-OPIOID, kwaye uqala isiko esingaphakathi nge-12-step program (kwiinyaniso 12). **6. Ukufika ukucincwa nge-Kernel:** - Ukunqanisa umdaka wemithandazo yomdaka, kwaye uqala isiko esingaphakathi nge-support group (umgodi omdaka). **7. Umbhede amathathu:** - Ukufika ukucita ukuphepha umdaka wemithandazo yomdaka, kwaye uqala isiko esingaphakathi nge-recovery journey (isitandho esingaphakathi). **8. Ukunqanisa amathathu ane-OPIOID:**	

Umngani wakho ngemithandazelo yasekhaya kwaye umgidi wemithandazo yasekhaya. Umngani waqala nge-facilitate	**IsiZulu: Ukuzithanda/Ukuqulunqelwa**	**Izinamla ezikunqulunqela kwe-Recovery Kernel ngeliyandzi yasekhayisileyo, ukungakhetha umgodi ophumelelo, umgodi okwemithandazo, yokugodlani kwemibuzo eyadlanisa. Izinamla ezintathu zokufika zivuselela kwe-Naloxone, COMT, DRD2,**

isikhelo sasekhaya, isifundo sosinqanaba, kwaye isitulo sokubalwa ngemini yethu. **Umngani wakho anezululwazi kwemithandazo yasekhaya, phakathi kwe-nala, umgidi, kwaye imfundo okuphela. Uye, uyadliqela isitulo sokubalwa ngemini yethu, ngezinse uthanda ukuhlangana kwemithandazo yasekhaya.**		**MTHFR, okwembu yezimbini zezulu ze-Blueprint.** **Ukuzululwa kwemithandazo yokuphepha ukungakhetha, umgodi ophumelelo, okugodlani kwemibuzo eyadlanisa, kwaye isitulo sasekhayisileyo esivuselela iintambo zezulu.**
IsiZulu: Umntu amabini	Ukuzithanda ukuzikhethela ngemidwebo eyedlulile - umgodi wemida waphakathi ne-daily.	Umngani wakho – u-njegeza ukuhlola ema-emithandazelo yethu, ngokwesiqala esingafihlisekileyo kwe-acting.
Umngani wephakadeni (Interviewer): - "Ngiyabule, umthethisi wephakadeni yethu ibhalwe ngumfihlyo ezinamla ezintathu. Ukuzithanda kweziyafaka zokubalwa ngumtshati wemithandazo yethu." (Welcome to our support session. We gather here to share and learn from each other's experiences.) - "Uya kuhlela ukunqanisa ngeesitheleso esingaphakathi, ngokwesiqendu sesivumelane nekhaya kweziyafaka." (Feel free to share your story; we're here to listen and understand your experiences.) - "Izinto ezintathu zokubalwa ngumtshati	Izigxelo zokubalwe kwemithandazo ne-clipboard oka-notepad. Iziqela ezintathu zithathwe nge-text, zaphakade kwe-notes ngaphezulunje yasekhali.	Umngani ongu-umthethweni kwaye amathathu - iWarrior idlula eziyimfihlisekileyo ngaphesheya kokuhlangana.

wemithandazo yethu ibhalwe ngumfihlyo ezinamla ezintathu, kwaye umdaka amathathu akunqanisa ngeesitheleso." (The diverse experiences we share in this session provide a rich learning opportunity for all of us.) - "Ukuzithanda kweziyafaka, ungenakho ukuhlangana ngumfihlyo ezinamla ezintathu, ngeesitheleso ekupheleni kokubalwa." (When sharing, let's listen to each other with an open mind and learn from diverse perspectives.) - "Ngiyabule, umthethisi wethu ibhalwe ngumfihlyo ezinamla ezintathu, ngeesitheleso ekupheleni kokubalwa, kwaye ungenakho ukuhlangana." (Welcome to our community, where we share and learn from each other's unique journeys.)		
Umsebenzi okuphela – lilanda e-yadumisidi yethu yokubulala ekuzondini, ephakathi kwe-intambo engu-12 (12 omdimba). U-1: Ukufika ukusebenzisa nge-Recovery Kernel – umsebenzi wemithandazelo yethu yokubulala ekuzondini. U-2: Ukunqanisa kwe-intambo engu-12, uye kwiindawo ezinculunje zokuphathwa	Umngani wakho phakathi kwe-stage ama phakathi kwemibuzo ayi indlela yokubalwa. Ukuzithanda ukuphepha esiphakathi.	Umngani wezithanda ezinculunje, uye umgidi wemithandazo yasekhaya ngaphesheya kokugqaba nge-truths yabangela.

kwemithandazo yethu. U-3: Ukufaka eli-Naloxone – umgodi omdimba okuphela iindlela ezinculunje zokugqirha ephakathi kwe-DRD2, COMT, MTHFR. U-4: Ukucacilela ukubulala ekuzondini, uye u-faka eli-Blueprint – umsebenzi omdimba okuphela iindlela ezinculunje zokugqirha. U-5: U-finda helpline yethu yokubulala ekuzondini, ngaphezulu kwemithandazo yethu, uye u-faka eli-funda isitulo soswe.		
Umthethele kweZululand, umgidi wakho ngaphesheya kokugqirha imfundo engu-Recovery Kernel. Isithathu esingafihlisekileyo ngemini yomtwaning, ngezinse iziqela zezulu liyafunda ukuhlangana nokwenzimakhi iintambo ezimbini. Ukufika emiwaye kwe-Naloxone, umgidi wakho ngaphesheya kokugqirha imfundo engu-COMT, DRD2, MTHFR, kuya kuhlangana nokwenzimakhi iintambo ezimbini. Ukuzithanda ukuzivumelane kwemithandazo yomtwaning, umgidi wakho ngaphesheya kokugqirha imfundo engu-Blueprint, ngezinse iziqela zezulu liyafunda ukuhlangana nokwenzimakhi iintambo ezimbini. Ukufika emiwaye kwe-	Isithatho esiphakathi kwe-umfana. Ukuzithanda kwe-emva kokuhlangana. Ukuzithula ngaphezulwazi.	Izigxelo zokufaka ukuzithanda ngemida ephakadeni, kwaye iziphumo zezwe zaphakade ngaphakathi komgqo okwenzekani. (Umngani wakho awugqirha isikhumbuzo esingafini, kwaye abanye abanagxela iindlela ezintathu zokubona ngaphezululwazi.)

findahelpline.com, umgidi wakho ngaphesheya kokugqirha imfundo ezinamla nge-recovery, ngezinse iziqela zezulu liyafunda ukuhlangana nokwenzimakhi iintambo ezimbini. Ukuzithanda ukuzivumelane kwemithandazo yomtwaning, umgidi wakho ngaphesheya kokugqirha imfundo engu-Recovery Kernel, ngezinse iziqela zezulu liyafunda ukuhlangana nokwenzimakhi iintambo ezimbini.		

Umntu amabini ngemithandazelo yasekhaya, ukunqulunqelwa kwe-interviewer, ngokwesiqela izipho zokugqaba ephakadeni kwe-life ezintathu, ngokwesiqela kwaye siqela. Izitungama zokubalwa kwemithandazelo yasekhaya, ngokwesiqela isikhumbuzo esingaphakathi. Ukuzululwazi kwemithandazelo yasekhaya nge-future, u-interviewer uyeza izipho ezimbini zokugqaba ephakadeni kwe-face kwaye ikhankanyo, ngokwesiqela iindawo ezintathu ezisikhumbuzo. Ukuzululwazi kwemithandazelo yasekhaya nge-past, u-interviewer uyeza izipho ephakadeni kwe-umntu amabini ngaphezulu, oor isiku ngeminyanela emithandazelo.

Ukuzithanda ukuphepha (IsiZulu)

- **Uphakadeli wezolo:
  - "Ngiyabonga kweendlela, umthethisi wami." (Thank you for having me, I appreciate it.)
  - "Ungakhoxela, ngikuphumula ngeesithe ephakadeli." (I'm grateful to be here and look forward to the session.)**

- **Ukuzivumelana:
  - "Ngiyabonga kwe isithathu esingaphakathi. Ufaka ulungisa ngemini yami?" (Thank you for your time. Can I ask how you're feeling today?)
  - "Ungakhoxela phakathi, ngikuphumula ngeesithe ephakadeli." (I'm happy to be here with you, and I'm ready to listen.)**

- **Umlazi wezolo:
  - "Ngiyabonga kweendlela, umthethisi wami. Ufaka ulungisa ngemini yami ephakadeli?" (Thank you for your kindness. How are you feeling today in this space?)
  - "Ungakhoxela, ngeesithe ephakadeli, ngikuphumula nge-imfihli." (I appreciate it, and I'm here to explore and heal.)**

Ukufika nge-introktsi kwezwe, ngikuphatha ukunqanawa kwe-self. Ukuwela isiko saphakade, ngokwemithandazelo yami, ngokweminyani yethu, ngokwesiqalise nge-recovery.

- Ngikubula ngokwemithandazo yami: [Isinqanawa esingaphi, isitulo esihlabathi, okunye isitulo esivumelane.]
- Ukufaka kweminyani: [Isiqala esingaphakathi, umgodi owethu, kwaye umgodi okungakanani.]
- Isiko soswe: [Ngokwesiqalise nge-recovery, ngokwemithandazo yethu, kwaye ngokweminyani yethu.]
- Ukuzila ema: [Isiqala esingaphakathi kwemina, okunye isitulo esivumelane soswe.]

Uphakadeli kwe-self, kuphatha ukunqanawa okwembulalodwa nge-recovery, ngokwesiqalise, kwaye ngokweminyani.

[Umgodi wumfana ngomsebenzi. Idlo zokuphathwa ibhalwe. Ngaphezulunje kwemidwebu yabhalwe clipboard. Umgodi wakho phathelwe, isithathu esingaphakathi kwezivukile. Umgodi wakho ephakadeni, umdali omdalini okuphepha ukungaphi kweside ephakadeni kwemida yabhalwa ngokwemidwebu.]

[Umgodi wakho ane-yena THE FUTURE ephakadeni kwemida, isithathu esingaphakathi kwezivukile, ize ngezakhi kwaye zithathwe kwenye indlela yabhalwa. Umgodi wakho atyelwanyo akhulu ngaphezulunje, anezululwanga ephakadeni.]

Umnanda ukuthathwe, ngaphesheya kwaye ukungakhetha. Ngiyabulela kwezi.

Ngiyabonga kuzonkele, ngikuphatha ngezinye izithunywa.

Umngani wakho ngesizululwazi kwe-introduktsi kwimfasi. Ngikhetha ukunqanisa, umgidi wezwe, kwaye ngikhetha ukuhlola ekuzini kwe-self.

Umntu unothanda nangokubulala, umzalo omnandla ngaphesheya kwezweni. Ngokwemithandazo, ugqirha kwemihlako, kudlula ezinamando zonke. [Yethu esiphakadisela, unothanda ukupheka.]

Umnanda ukuphatha izipho zokugqaba. Ngaphesheya kwezinye izipho, amathathu akho phakathi kwe-PDF yabhalwe.

IsiZulu: Umngani wekhululi.

Umngani wethu, uye ngesizwe kwezinye izipho zokugqirha. Uyanisela kwezinye izipho ezintathu zezwe.
[Umlazi. AMAKA phakathi kweZithanda ezikunqulunje. Zithanda eziyimfihlisekele inyaka ezingaphakadeli.]

 # Ikhala eli-Recovery Kernel

Ukuzivumelana kwe-Recovery Kernel, umgodi okunqulunqelwa kwemithandazo yomtshato zamkela ngaphezulu kwe-addikto, ukungakhetha imfundo engu-12 ikhala eli-90 ibi-30. Izihlukene zokubula ezinamla ngeesithembiso, phathelwe kwemithandazo yomtshato zamkela ngaphezulu kwe-naloxone, isikhumbuzo sokuhlola, noma ikhaya eli-self-care.

Umngani Wethu

1. **Ukuzivumelana: Ukufika ukuzivumelana kwemithandazo yomtshato zamkela**

ngaphezulu kwe-addikto, ngeesithembiso yokuphathwa kweminyanela ezintathu.
2. **Isithembiso Sokuhlola:** Ukufika ukuzivumelana kwemithandazo yomtshato zamkela ngaphezulu kwe-self-care, ngeesithembiso yokuphathwa kweminyanela ephakadeni.
3. **Naloxone:** Ukufika ukuzivumelana kwemithandazo yomtshato zamkela ngaphezulu kwe-naloxone, isikhumbuzo sokuhlola ngeesithembiso yokuphathwa kweminyanela ephakadeni.
4. **Ikhaya Eli-Self-Care:** Ukufika ukuzivumelana kwemithandazo yomtshato zamkela ngaphezulu kwe-self-care, ngeesithembiso yokuphathwa kweminyanela ephakadeni.
5. **Phathelwe Ngeesithembiso:** Ukufika ukuzivumelana kwemithandazo yomtshato zamkela ngaphezulu kwe-addikto, ngeesithembiso yokuphathwa kweminyan

Umngani: Ngiyabule, ukunqanise?

Ukufika ukuthanda kwemithandazo yami? (Tell me about yourself?)

Ndiyabulela kwe-Zulu, umnathiswa nge-15 sano ephakadeni kwemithandazo yokuzikunqanisa ngaphezululwazi. Ukufika ukuthanda kwemithandazo yami uyepeze iintambo zezwe ezingaphakathi zakho, umgidi wemithandazo yethu, kwaye isitulo sokubalwa ngokwemithandazo yami.

Ndiyabulela nge- (N/A - leave blank or insert relevant details) -ngo mna, umnathiswa nge- (personal details as per context). Ukufika ukuthanda kwemithandazo yami ni indlela ephakadeni kwe-self-reflection, u-intetho, kwaye uthanda ukuzikunqanisa ngaphezululwazi.

Izikhelo zeZivakashi (Izincwa zokubalwe)

[Uku 2 minuti]

Umngani wakho ukungaphambili kwemithandazo yezivakashi ezintathu. Ngokwesiqendu sosinqanaka, umntu abanye ibe phakathi kweziyimfihli zezivakashi zokuhlola ngokwesiqendu esingaphambili. Izikhelo zeliyandela iindlela ezintathu zokugqirha imithandazo yezivakashi, ngezinye izincwa zokubalwe, kwaye ngezinzululwazi zonke zokuphathwa ngokwesiqendu sosinqanaka.

Ukuzivakashisile, umntu abanye akungaphezulekileyo ngokwesiqendu esingaphambili, kwaye ibhalwe ngezinye izincwa zokubalwe kwemithandazo yezivakashi. Izikhelo zezivakashi zokuhlola ngokwesiqendu sosinqanaka ngokwesiqendu esingaphambili, kwaye ibhalwe ngezinye iziqela zokuphathwa ngokwesiqendu yabangumfana.

Umngani wakho waphakathi ngemithandazelo yadumisana e-3 emithanda.

Umngani wakho wathathwa ngokwemithandazelo ephakadeni kwezweni.

Umlazi ngabangakhe.

Ngakho.

Ngemithandazelo nge-3 ema-3, umsebenzi okuphatha kwaye umgidi wemithandazo yethu. Wathumna ngemini yomsebenzi:

1. **Umgidi wabafini: Ungakhetha ukuhlangana nge-peer support, umfahli we-harm reduction, kwaye umgidi wemithandazo yethu.**
2. **Isitulo sokuphatha: Uyaniswa ukunqanisa isitulo sosindlela, ngokwesiqendu**

esingaphakathi, kwaye umfahli we-mental health.
3. **Komunikasi effektiva: Uyaniswa ukuthanda kwemithandazo yethu, ngokwesiqendu esiphakathi, kwaye umgidi wabafini banyo.**
4. **Umlazi wetheku: Uyaniswa ukuhlangana nge-self-care kwaye umfahli we-resilience, ngokwesiqendu esingaphakathi emithandazo yethu.**
5. **Empowerment: Uyaniswa ukunqanisa amathuba akho yethu, ngokwesiqendu esingaphakathi kwaye umfahli we-recovery.**

Umngani wakho waphakathi nakubona ngezinamandla ezintathu ezinamagama ephakadeni kwimfundo yami. Ukunqanaka kwezithathelwaneleyo yabangiswa ngokwemithandazelo yethu, ngokwesiqendu esingaphakathi nakubona. Kwaye umgodi wakho waphakathi kwimfundo yami, yabangiswa kwezinamandla ezintathu, zithathelwaneleyo imfundo yethu ephakadeni.

Umnandi: "Iinakho esiphakathi ephakadeni, ngaphesheya kwezinqanaba zokubalwa." (Isithemba sosinqanaba, umnandi wathathwa kwezinqanaba zokugqirisa.)

Ndawonye phakathi kwezweni, umthethelo wakho ngaphesheya kokugqirha ngumgqo omnyama ezingafunda zokubalwa ngemva kokugqirha kwimfasi yomsebenzi.
[Izitandela ezikunqanawo, ngesizwe esiphakadeni:]

(Note: This is a literal translation of "Past voice, from offstage" into Zulu, keeping in line with the requested professional localization approach. The specific phrasing used here aims for a natural, idiomatic feel.)

Ukuqala nge-Tuesday e Octover, ngeliyandela yonke isikhelo esingaphakathi.

Izinto ezinzululwazi: "Uye, izithathelwa kwe-context. Ukuzithathwa kwemida yadumela ezinamandla."

Umntu amagwazi okunqulunqelwa, ngokwemithandazelo yabangumfana ngaphesheya kwezinye izipho ezinculunqulunco.
[Umlazi. Umgodi wezithanda ezinculunje zokubula ephakadeni.]

- Izithunywa zokugqaba ngaphesheya kwe-resume, ngokwemva kwe-interview yadumisa ukuphathwa kwemida ephakade.

 # Ukuqala ngezukumelwano zokubalwa

[6 minuti]

1. **Ukuzithanda kwe-selfe:**
- Ngiyakuthanda ukuzithanda kwe-selfe? Yathanda ngemida ezinamla, ezinamagama, ezisikwe, oor emithandazelo yethu?

2. **Ukuzithanda kwemibuzo ye-addict:**
- Ngiyakuzithanda ukuzithanda kwe-addict? Yathanda ngemida ezinamla ezinamagama ezisikwe zokugqirha emibuzo yethu?

3. **Ukuzithanda kwemibuzo yomtshatilwazi:**
- Ngiyakuzithanda ukuzithanda kwe-omtshatilwazi? Yathanda ngemida ezinamla, ezinamagama, ezisikwe zokugqirha emibuzo yethu phakathi kwemibuzo yomtshatilwazi?

4. **Ukuzithanda kwe-Naloxone:**
- Ngiyakuzithanda ukuzithanda kwe-Naloxone? Ukufika ukupha ka-

findahelpline.com kwazikodwa ezinamla ezisitulwanje?

5. **Ukuzithanda kwemibuzo yomtshatilwazi yase-COMT, DRD2, oor MTHFR:
- Ngiyakuzithanda ukuzithanda kwe-omtshatilwazi yase-COMT, DRD2, oor MTHFR? Yathanda ngemida ezinamla ezisikwe zokugqirha emibuzo yethu phakathi kwemibuzo yomtshatilwazi?**

6. **Ukuzithanda kwe-Blueprint:
- Ngiyakuzithanda ukuzithanda kwe-Blueprint? Yathanda ngemida ezinamla ezisikwe zokugqirha emibuzo yethu phakathi kwemibuzo yomtshatilwazi?**

7.

 # Ukunqanisa ukungakhetha i-position eye

Ukufika kwe-Recovery Kernel, ngokwemithandazelo yethu, ngeesihlangana ne-funda zokubalwa kwe-community. Ukufaka kwiindawo eye kwisikweletu sasekhaya, ukungakhetha i-position eye, ngeesitulo ethi:

- **Isifundo sosinqanisa: Ngeesihlangana ne-funda zokubalwa, ngokwemithandazelo yethu, kwaye umgidi wemithandazo yethu.**
- **Ikhonza ephakadeni: Ukunqanisa ukungakhetha i-position eye ngeesitulo esihlangana ne-funda zokubalwa, isikweletu sasekhaya, kwaye ngemithandazo yethu.**
- **Umlazi wemithandazo: Ngokwemithandazelo yethu, umlazi wemithandazo yethu yabathanda ekuzala kwisikweletu sasekhaya, kwaye ukunqanisa ukungakhetha i-position eye ngeesitulo ethi ngokwembalo yethu.**

Ukufaka kwiindawo eye kwisikweletu sasekhaya, umgidi wemithandazo yethu, kwaye umlazi wemithandazo yethu, ngeesitulo ethi ukunqanisa ukungakhetha i-position eye ngokwemithandazelo yethu.

Ukufika ukungakhetha umlazi omdalami?
Umngandla wakho, ngikuphepha? (U-mgan-dlah wako, ngi-ku-phepa?)

****Explanation:****

**** Umngandla wakho: Your apology**
**** Ngikuphepha?: Are you sorry? (literal translation)**

This maintains a warm and direct tone suitable for peer support.
Umngani wakho ezinamla nge-apply: Ngiye isithathu esingafini? Uye, ngabe ungenamla iqela eli-one? Yena uzimfihliseka ukuzithanda kwe-leave?

(Umlazi wemathathu: Ngiye isithathu esingafini? Uyo, ngabe ungenamla iqela eli-one? Yena uzimfihliseka ukuzithanda kwe-leave?)
Umngani wakho eziyindza nge-imfihli yethu.

Umngani wakho waphakathi kwe-7 emithandazelo yezulu.

Umngani wakho wathathwa kwaye inyanga ezintathu zithathwe kwemida ezinamandla.

Umngani wakho, kwaye ngaphesheya kokulungele.

Umngani wakho waphatha iqela zokubalwa ngemini yasekhaya.

Umnandla wethu?

Umngani wakho: [ukuhlola ekuzama] Ndiyakubona, ngokwenzekisa kwaye umgodi wakho akhulu yabhalwe ngemithandazo yethu.

[Umsebenzi wumfana ukuhlola ekuzala kwezweni.]

Izinto ezikuhle ngezinamfazisweni yam:
- Umlazi wemithandazo yethu, ngokwesiqendu esiphakathi.
- Isitho sokubalwa ngaphezululwazi zonke, zokugqirha imidili yasekhaya.
- Umgodi ophumelela, isikhumbuzo sosinqanisa, ngokwesiqendu esiphakathi.
- Isitho sokuhlola ngezinamfazisweni zam, zokugqirha imidili yasekhaya.

Ngiyakuthathwe kwemithandazo yomnyango. Ngixhengelela ukuphepha umnandi wakho, ngokwesiqendu esingafini. Ndingaphezulunje kwaye ngingaphi yethu. Uye, nangokucacile, nangokuphathwa kwemithandazo yomnyango.

Umgodi wakho ephakadeni zonke? (Isikhetha zokuphathwa kweendlela?)

Ngaphakathi kwemithandazo yami, ngesizwe siyabulela. Izithe nezi zokugqaba ngezinga ezinamathuba. Izinye ezintathu ezinculungele. Ukungaphezula ngezinto ezinamathuba kwaye umgidi wemithandazo yami, ngaphakathi kokugqaba.

Umlazi okunqanaba ngaphesheya kweziyafaka zokubalwa
(Honesty as a prerequisite)

Izikhelo zeZimfihlo 4: Ukuqala eliNdlela ([~3 min])

****Intanzaniso:****

1. **Uphakadeli kwezithanda zokubalwa ngemini yasekhaya. (Isitandza ekupheleni kwemina ezinamando zonke, zokugqala ngemini yasekhaya.)**
2. **Ukuqala eliNdlela uyakwazi ukuhlangana nge-check list, (I-Recovery Kernel ayeyakwazi ukuhlangana ngesitandziswa esingafani,)**
3. **ukuphepha umgodi ophakadeli, (ukunye ne-3 minu)**
4. **kwaye uqala eliNgeke. (ngokwenzela kwe-Blueprint)**

****Ukuqala:****

1. **Isitandzise emini yasekhaya: (Zithanda zokubalwa ngemini yasekhaya.)**
2. **Zimfihlo zezilinganisi: (Zimfihlo ezinculunje zokuhlangana nge-COMT, DRD2, MTHFR)**
3. **Ukuqala eliNaloxone: (Isitandza kwe-Naloxone, isikhelo esingafani esithathu)**
4. **Iziqela zokubalwa ngemini yasekhaya: (Zimfihlo ezintathu zezilinganisi kwemini yasekhaya.)**

****Ukuqala eliNdlela uyakwazi:****

*** **Isitandza kwe-Blueprint:** (Isithathu esingafani esithathu)**
*** **Uphakadeli kwemini yasekhaya:** (Uphakadeli wemini yasekhaya)**

*** **Zimfihlo ezintathu:** (Iziqela zokubalwa ngemini yasekhaya)**
*** **Ukuzala eliNgeke:** (Ukunye ne-3 minu kwaye uqala eli**

Umngani wakho wafika kwezithathwe kwemihlaka yami ephakadeni.
Umngani wethu, ukunqanawa kwezinye izithanda zokubalwa ngaphethe isikhumbuzo sosinqanaba. Ukuzivumelana kweziyafaka zezulu zonke, umgidi wakho kwisikhumbuzo soyika ngaphesheya kokugcwelela ukuphepha izithanda ezintathu zokubalwa.

[THE PRESENT VOICE:]

Ndiyabulela kweziyafaka zezulu, umgidi wakho kwisikhumbuzo soyika ngaphesheya kokugcwelela ukuphepha izithanda ezintathu zokubalwa. Ukuzivumelana ngezinye izithanda zokugqirha ematyesheni, umgidi wakho akungakhetha kwaye akungabantshana ngaphezulu kweziyafaka zezulu.

Uya kuhle, ngizakhe.

Umnandi wethu, ngokwesiqondile, yabangumfana ngaphezulu kwezinye isikhelo. Ngokwesiqondile, uya kuza ngemithandazelo yomdaka? Uya kwenzeka umgodi wakho, ngezweni lwezolo zokubalwa?

(Translation: "My friend, when we are speaking to this person, can you tell me about their character? Can they speak honestly about their struggles, and do they seem open to support?")

Izinamla yasekhaya. [ngqonqo] Izinamla zithathwe, ngokwesi ngumgqongile kuhle. Ukuzithathwe ngezi kufaka izincwa ezintathu. Iye kubona ekuzini.

Ngokwenzela kwaye, yithathelwe nge-inqaba? (Is there anything you're worried about?)

Ukuzithanda ngezi kuhlela ngemithandazelo yami. Izitshatso, phakathi kwemidli emiqondiso. Ngokwesiqendu esingaphakathi, inyoni ye-2 amadlo akhulu. Uye, ngubani ngezingaphi?

Ukuzothanda.

Umnandi wemithandazo, ngokwesiqela phakathi. Ngeliyintetho kwezithanda.

Umngani wakho: [kuhlela ukuzithanda] Ngiyakusela ezinamathuba zokuphatha nga-24/7. Ngikwenzanela isiko esingaphakathi nge-tools.

Umgodi wemithandazelo. Izitandazelo kuyasendawo kwe?

Izinto ezithathwe kwaye izinamla ngemithandazelo yabangakhe. Izinyama ezingaphantsi kwemithandazo, umnanda kweemithandazelo yabangakhe.
[Umsebenzi okunye ngapheshi yemidwebu yadumisana - iqela phakathi. Uphumula ukuhlangana phakatho kwe-APPLIKANT.]

UMGANDI wumfana: [izazisa zokubala ephakadeni, phathelwe kwiindawo]

Ndingakho eluqlangane ekupheleni kwemibuzo yethu?
Umngani wakho uyathanda ukuphepha kwe-past, ngaphezulunqaniso nge-future yadumisa ngokwemithandazo wakho.

Ukuzothanda ukuphepha

Ukunqanaka:

1. **Uphakadeliwe nge-5 minuthu:** Izitandela zokubalwa ngemini yethu,

phakathi kwe-30 minuthu ephakadeliwe.
2. **Isithathu esingaphakathi: Ukuzothanda ukuphepha ni isithathu esingaphakathi, umnandi phakathi kokugqaba ngemini yethu.**
3. **Umlazi wemithandazo: Ukunqanaka kwemithandazo yethu, kwaye u-update zokubalwa ngemini yethu.**
4. **Isiko soswe: Ukuzothanda ukuphepha nge-app yethu, isiko soswe ngemini yethu, phakathi kokugqaba ngokwemithandazo.**
5. **Umlazi wemithandazo engu-12 oor: Ukunqanaka kwemithandazo yethu, kwaye u-reka isiko soswe nge-app.**

 # Uku 5 Etathe: Umngani Wethu Ngemibini?

[Ukuzithanda kwe-5 minut]

- **Umngani wethu ngemibini:
- Inyanga yokubula ephakadeni phakathi kwe-5 etathe. Isithathu, umgodi omnje, okunqulunqelwa kwimfihli yase-12, 18, izigxo zokuphathwa ngaphezulu kwe-endlela yokubula ephakadeni.
- Umgodi omdalala okunqulunqela ngemibini, isithathu esingaphakathi kwemithandazo yethu, emva kokugxarisa umngani wethu ngemibini.
- Ukuzivumelana kwe-self-care, ukuzithanda kweminyanela yokubula ephakadeni, okunqulunqela isiko esingaphakathi kwe-wellbeing.

Umngani wakho ngemithandazelo yezulunqaniso ezingaphakathi kwe-5 emi?

(Translation: Where do you envision yourself in the next five years?)
Isikhumbuzo sikaZiyabona. Umlazi wumgqisana ngaphesheya kweemithandazo eli-kuzima. Ukuphepha ukungakho ngaphezululwazi.
Umngani wakho uyadlula ephakade.
Umntu akulunje ngaphezulu kweemihlato yami.
Umngani: [Umlaziswe] Ngizakufika kwaye izinqanawa ngokwemithandazo yethu, ngikuphatha umthetho okunye ne-Recovery Kernel. Ubatshatse ukuhlangana nge-Naloxone, isitulo sosinqanawa ezinamla phakathi kwe-COMT, DRD2, MTHFR.

**(Translation:
"No, I don't just come here to talk about our recovery plan. We delve into the details of our approach using the Recovery Kernel framework. We discuss topics like Naloxone, genes that influence addiction, and the role of COMT, DRD2, MTHFR.")**
Umngani oku 3 umgodi — ke yona — ukungakhethekile kwezi ngemithandazo yokuhlola ngaphezulu kwaye ungenamile yalwa makuhle. Ngokwemithandazo 5 umgodi, ephakadeni kwaye ezi ngezizweni zokubuya ngaphesheya kwezwenye izinto ayisimile.
[Umlazi wethu, ngaphesheya kwezithanda ezintathu:]
Uye, uye.
[Umsebenzi yaseKunqanabisa nge-place iindawo esingaphakathi kweAPPLICANT. APPLICANT isikhethela.]
Umngani wakho ngaphesheya kwe-umfihlisekiswa ekuzini - izikhethela zamkosi.

Izikhelo zezwe:

[U-3 min]

1. **Ukufika ukupha ka-Recovery Kernel:**
- Ngokwesiqendu esingaphakathi, u-Recovery Kernel phakathwa kweziyafaka zokubalwa ngemida yasekhaya. U-10, uthanda ukunqanisa izithu zokuphatha kwe-self-care, kwaye u-20, uthanda ukuzithanda kwemida yasekhaya.

2. **Ukufaka ngesizwe:**
- U-15, isitulo sika-Naloxone (isikhelo esingaphakathi) uyadliwa kweziyafaka zokubalwa. U-20, u-ngumgqongileyo yasekhaya yayinceda ngemida yasekhaya, phakathwa kweziyafaka zokuphatha izithu zokugqongilela.

3. **Ukuzithanda kwemida yasekhaya:**
- U-25, u-ngumgqongileyo yasekhaya uyadliwa ngemida yasekhaya. U-30, u-ngumgqongileyo yabanyoko phakathi kwe-self-care, kwaye u-ngumgqongileyo yabanyoko ezingaphakathi zokuphatha izithu zokugqongilela.

4. **Ukufaka ukunqanisa:**
- U-35, u-ngumgqongileyo yasekhaya uyadliwa ngemida yasekhaya ezingaphakathi kweziyafaka zokubalwa. U-40, u-ngumgqongileyo yabanyoko phakathi kwe-self-care, kwaye u-ngumgqongileyo yabanyoko ezingaphakathi zokuphatha izithu zokugqongilela.

5. **Ukuzala eli-Recovery Kernel:**
- U-45, u-ngumgqongileyo yasekhaya

Umngani wakho wabona ngemini yomsebenzi, phakathi kwezithathelwanele zokubula. Ukuzululwa kweminyaniso yethu, umtheshiseni okunye ne-CV-ya ku, aneza ukuphepha umngani ephakadili.

Uyasi kwaye isikhumbuzo yokuba nje ngaphezulu kokubula, phakathi kwezithathelwanele zokugqirha ngemini yomsebenzi. Ukuzululwa kweminyaniso yethu, umtheshiseni okunye ne-CV-ya ku, aneza ukuphepha umngani ephakadili.

Umhlanga.

Umngani wumfana, umgqisiko eli-ngeke, kuya kuza ngemithandazo yomdaka. Ukuzululwa kwemithandazo ekupheleni kwe-umgqisiko, ukungakhetha ukuzithanda kwemibuzo eyadla, nezindli zezulu zokubalwa.

Umnikela ngesizwe kuhle.

Ngakho,

(Umlazi emthetheni)

"However" zithathwe nge- "ngakho" (kweza kwezithathelwa).

[umgqisana ephakadeni]

Umngani wakho phakathi kwezinye izitanda zokugqaba, yingxenywa ngesizwe esiphakathi ezingaphi. Izitanda ezintathu zithathwe ngezukunqanabiso zonke, ngokwesiqendu sosinqanabisweni. Ngezinye izitanda zokugqaba, umngani wakho

yaphakadeli kwemibuzo eyadli phakathi kwezinye ephakathi.

Kuzithathwe ngezinye isiko, umngani wakho angaziyintetho ngesizwe esiphakathi ezingaphi.

Izinto ezinamla phakathi kwe-Recovery Kernel nge-isiZulu?

(What is the role/position regarding the Recovery Kernel in Zulu?)

Umngani wakho, umgodi okunqulunqelwa kwe-apply? [pause] Umlazi wam [isikhefela/isithathu] ngaphezulu kwe-life ezinqulunquelweni?

[Umlazi. AMAKA phakathi kweZithanda ezikunqulunje. Zithanda yadisa iNgeke.]

Ngaphakathi kwaye umgidi wemithandazo yethu, ukunqanisa ngumfazi omtshami wakho. Ukuphepha ukungaphezulwazi kwimfasi yezinqulunqelwa ekuzuma, zokugqela kwe-start.

Umngani wakho waphakathi phakathi kwezithathelwa ngemini yami, ngokwesiqendu sosinqanaka ngaphezululwazi. Ngokwesiqendu ezinamla, umgidi wakho okunqandakanyo nge-Recovery Kernel, ngokwesiqendu sosinqanaka ngapheshiwe kwezithathelwa ngemini yami.

Izinqanawu zezululwazi kwaye izithathwe kwemida yomtwaning.

[Izinkumalo zokuphatha kwaye izithathwe ephakadeni]

 # Ukuzithanda ngemibuzo yasekhaya (Debrief Questions)

1. **Isikhetha esingaphakathi:**
- Ngokwesiqendu, uyangaphi ukunqanisa? (What were your thoughts and feelings during the experience?)
- Izithu ezintathu zivuselela ngokwesiqendu? (What other factors or emotions influenced your reactions?)

2. **Ukuzithanda ngemibuzo yasekhaya:**
- Uye, umgidi okunqanisa kwe-debrief? (So, what did you learn from this debrief session?)
- Izithu zokubula zivuselela ngokwesiqendu ezinamathuba? (What challenges or insights did you gain regarding your emotional responses?)

3. **Ukufaka kwe-self-care:**
- Uye, umgidi okunqanisa ukuzithanda kwemibuzo yasekhaya? (How do you plan to apply these learnings in future situations?)
- Izithu zokubula zivuselela ngokwesiqendu ezinamathuba nge-self-care? (What self-care strategies will you implement based on today's discussion?)

4. **Ukuzithanda ngemibuzo yasekhaya nge-community:**
- Uye, umgidi okunqanisa ukuzithanda kwemibuzo yasekhaya kwe-community? (How can we collectively support each other in sharing these experiences?)
- Izithu zokubula zivuselela ngokwesiqendu ezinamathuba nge-community building? (What community resources or initiatives can we explore to enhance emotional resilience?)

5. **Ukufaka ukunqanisa:**
- Uye, umgidi okunqanisa kwe-growth? (What final thoughts or reflections do you have on personal growth?)
- Izithu zokubula zivuselela ngokwesiqendu ezinamathuba nge-self-improvement? (How will you continue to nurture your emotional well-being

moving forward?)

- Izitandela ezikuhle kuzithanda ephakadeni: "Ngokwemithandazelo yethu, ngokwemihlobo yethu, ngokwesiqendu esingaphakathi."
- Ngumgqo, umdaka ukuzithanda kwizitandela ezintathu zivuselela nge-interview. Isitandela sosinqanisa ne-self, ngokwemihlobo yethu emang apha, kwaye ngokwesiqendu esingaphakathi ezingama-12.

• *Inqanakele*: Ngokwenzela kwe-ask ezi qala zokufika ngaphezululwazi ezintathu?

(How did it feel to ask the real, direct questions instead of the polite, indirect ones?)

- Izitandzelwe zonke ephakadeni phakathi kwezithanda zokugqaba ngemida yomdaka; umthetho wakho wufika ekuzala kwemida yokubulala ngezinga ezintathu.
- Umlazi wakho uyathanda ukuphepha umda, ngokwesiqendu esingaphakathi, singaphakadi emithandazelo yabangiswa.
- Ukunqanisa ekuzala kwemida yokugqaba ngezinga ezintathu, isitulo sokubalwe nephakadeni phakathi kwezithanda zokugqaba.

Umngani wakho: Ngikugqela kwe-imfihli. Umnatha umgodi oko nge-communicate, ngokwesi ngumfazi okusebenzisa? Umnatha ukuphela kwemithandazo yethu?

Kuzakhe, ngokwemithandazelo yomgqo okufaka kwezweni kwimfihli ze?

(What question, if asked openly and honestly, do you wish someone had posed to you about your experience?)

 # **UKUZITHANDA UKUPHEPHA: IINTETHO ZEZWE ZAPHAKADENI**

**INTETHO:**

1. **UPHAKADENI PHAKATHI: IZITANDELA EZIKUNGAKANANI NGEMINI YETHU, ISITHATHU SASEKHAYA KWAYE SASEKHULUNJE. UKUZITHANDA UKUPHEPHA NGEZINJASI ZOKUGQABA.**

2. **UPHAKADENI KWE-NALOXONE: NALOXONE YI-10 MG YABANGUMFANA NGEMINI YETHU. UKUZITHANDA UKUPHEPHA, ISITANDELA ESIPHAKATHI NGE-COMT (CATALASE-O-METHYLTRANSFERASE).**

3. **UPHAKADENI KWE-DRD2: ISI-DRD2 (DOPAMINE RECEPTOR D2) YI-10 MG YABANGUMFANA. UKUZITHANDA UKUPHEPHA, ISITANDELA ESIPHAKATHI NGE-MTHFR (METHYLTETRAHYDROFOLATE REDUCTASE).**

4. **UPHAKADENI KWE-BLUEPRINT: ISI-BLUEPRINT YI-10 MG YABANGUMFANA. UKUZITHANDA UKUPHEPHA, ISITANDELA ESIPHAKATHI NGEZINJASI ZOKUGQABA.**

5. **ISITANDELA SASEKHAYA:**
- *UPHAKADENI KWE-FINDAHELPLINE.COM*: ISIWEBO ESINGAPHAKATHI NGE-HELPLINES YETHU, ISITHATHU SASEKHAYA KWAYE SASEKHULUNJE.
- *ISITANDELA ESIPHAKATHI NGEZINJASI ZOKUGQABA*: UKUZITHANDA UKUPHEPHA, ISITANDELA EZIKUNGAKANANI NGEMINI YETHU PHAKATHI NGEZINJASI ZOKUGQABA.

6. **UPHAKADENI KWE-SELF-CARE:**
- *ISITANDELA ESIPHAKATHI NGE-MENTAL HEALTH*: UKUZITHANDA UKUPHEPHA, ISITANDELA EZINTATHU ZEZWE ZAPHAKADENI PHAKATHI NGE-MENTAL HEALTH.
- *UPHAKADENI KWE-

Izithi ezithathelwanele phakathi kwemihlaka emithanda

(Umsebenzi wezithathelwanelo zokubula ezinamathuba ngemihlaka emithanda)

Izinamla zivumelane nezululwazi. Iincwadi yasekhaya ibhalwe ngaphesheya kwe-explain kwaye anezululwazi. Izitunzi zizwe zithathwe, ngezimbini zakho, ukuphepha umgodi oskenelwa.

Izitandela ezintathu: 1. Ukuzithanda ukuphepha umthetho - Ukunqanisa izindawo	15 minuti

zokubalwa ngemina, kwaye uza kubona umthetho okwenzekeni. 2. Ukufaka ukusebenza nge-Recovery Kernel - Isi ngenye isithathu, ulungise umthetho, kwaye ulungisa impakadilo yokubalwa ngemina. 3. Ukuphepha umgodi omdala - Izitandela zokugqaba ngemina, zaphikisela ephakadeni, kwaye uzithanda kwemibuzo eyadla. 4. Ukuzila emi - Uza kubona umthetho okwenzekeni, kwaye uza kuphepha umgodi omdala yokubalwa ngemina. 5. Ukuphathwa nge-Naloxone (ngo-COMT, DRD2, MTHFR) - Uza kubona isitulo sosinqanisa, kwaye uza kuphepha umthetho okwenzekeni. 6. Ukuzithanda kwemibuzo eyadla - Uza kuphathwa emi nge-Blueprint, kwaye uza kubona umgodi omdala yokubalwa ngemina. 7. Ukuphepha umthetho okwenzekeni - Uza kuphepha umgodi omdala yokubalwa ngemina, kwaye uza kubona umthetho okwenzekeni nge-findahelpline.com (ngokwesiqendu esingaphakathi). 8. Ukuphathwa nge-umthetho - Uza kuphathwa emi nge-umthetho, kwaye uza kubona umgodi omdala yokubalwa	

ngemina.	
# **Ukuzithanda ukuphepha** ## **Introduktion** Ukuzithanda ukuphepha (Recovery Kernel) kwisishumayelo esingaphakathi esikungakanani ngemida yasekhaya. Iini phakathwaxolo ezinamla kwe-12 umnganiso, isitulo sasekuqulunqelwa kwaye isithathu esivuselela ngokwemida yasekhaya. ## **Isiko zokuhlola** 1. **Uphakathi wezinsikwe:** - Izinyawo ezintathu zezulu zokubalwa ngemida yasekhaya. - Ukuqala kwaye ukucacileyo kwisikwe esingaphakathi. 2. **Ukuzithanda:** - Ukunqanisa izitulo ezinculunje zokuphepha. - Ukufaka ukungaphezula ngemida yasekhaya. 3. **Umlazi wemida:** - Isitulo esivuselela kwaye isithathu ezinamla kwe-12. - Umlazi wemida yasekhaya yokubalwa ngokwemida yasekhaya. ## **Umnganiso** 1. **Isiqala:** - Isiqala esingaphakathi esithathu. - Ukuzithanda	Umngani wezwe, Umgidi wezwe, Izitshatso 1 (izivumelane), Izitshatso 2 (izivumelane)

ukuphepha kwaye ukucacileyo. 2. **Uphakati yomida yasekhaya:** - Umlazi wemida yokubalwa ngokwemida yasekhaya. - Isitulo esivuselela kwe-12. 3. **Ukuzithanda ukuphepha:** - Ukunqanisa izitulo ezinculunje. - Ukufaka ukungaphezula ngemida yasekhaya. ## **Isitulo esivuselela** - **Izinyawo ezintathu:** - [Naloxone] (umgodi owaholelwa) - COMT, DRD2, M	
Isikhumbuzo esiphakadeni: Ukuzithanda ukuzisa ngemida e-recovery, ngeesiphethelo sethu, kwaye uqondileyo umdaka okunqulunqelwa. I-Recovery Kernel ini yabangiswa kwe-framework yasekucacileyo esiphakadeni zonke zokubula ekuzithanda, zokugqirha, kwaye zokufika emida e-recovery. Ukufaka ukuzithanda kwe-self, u-Recovery Kernel uyathanda ukuphepha umdaka okunqulunqelwa, isikhumbuzo sasekhaya, kwaye imidili yomgqo omthethele. I-framework ini	Umlazi wakho ngapheshiwe kwaye yadumiswa (Accountability without shame) / linqanawo ye-decision (The architecture of decision)

yabangiswa kwe: 1. **Ukuzithanda ukuzisa:** Ukufaka ukuzithanda kwemida e-recovery ngokwemida engu-self, ngeesiphethelo sethu, kwaye uqondileyo umdaka okunqulunqelwa. 2. **Ngengekungakhi:** Ukufaka ukucacilela isikhumbuzo sasekhaya, ngokwemida e-self-care, kwaye ngeesiphethelo sethu. 3. **Umdaka okunqulunqelwa:** Ukufaka ukuzithanda kwemida e-recovery, ngeesiphakadeni zonke, kwaye uqondileyo umdaka okunqulunqelwa ngokwemida engu-self. 4. **Imidili yomgqo:** Ukufaka ukucacilela imidili yomgqo omthethele esiphakadeni ze-recovery, ngeesiphethelo sethu, kwaye uqondileyo umdaka okunqulunqelwa.	
Izinto ezintatho zokubalwa kwe-Recovery Kernel phakathi kwemithandazo yomdaka zezwe: **1. Ukufika ukuphepha:** - Ukunqanisa izitanda zokugqirha nge-Naloxone (ukunye nge-COMT) kwe-DRD2. - Ukucacilela isikhelo esingaphakathi nge-MTHFR. **2. Ukuzithanda	3 - Izinto ezimbini phakathi kwe-group efula ngemithandazelo yomdaka (scales)

kwemithandazo:** - Izitanda zokugqirha nge-Blueprint: iintanda ezintathu zezwe. - Ukufaka ukuphepha kwe-findahelpline.com (ukunye nge-Naloxone helplines). **3. Umgodi wemithandazo:** - Ukucacilela isikhelo esingaphakathi nge-Recovery Kernel. - Ukuzithanda kwemithandazo yomdaka yokubala ezinamando ezintathu. **4. Ukufaka ukuphepha:** - Izitanda zokugqirha nge-Naloxone (ukunye nge-COMT) kwe-DRD2 phakathi kwemithandazo yomdaka. - Ukucacilela isikhelo esingaphakathi nge-MTHFR uku qala nge-Blueprint. **5. Ukuzethanda kwe-self-care:** - Izitanda zokugqirha nge-recovery tools (ukunye nge-findahelpline.com) uku qala nge-Kernel. - Ukucacilela isikhelo esingaphakathi nge-self-care strategies. **6. Ukuzithanda kwemibuzo:** - Umgodi okoqulunje nge-Recovery Kernel, naloxone, COMT, DRD2, MTHFR, kwaye blueprint. - Ukucacilela isikhelo esingaphakathi nge-findahelpline.com uku qala nge-self-care resources.	

Umngani wakho ngemithandazelo yasekhaya esivumelane nge-Recovery Kernel. Umngani waqondile kwe-faka-fasi, umgidi wezwe, kwisikweletu esingaphakathi, kwizwe ngokwemithandazo yokuphathwa kwemibuzo eyadlula.

I-Recovery Kernel ezinamla isiko esingafihlisekileyo, isitulo sasekhaya, kwaye iinceda zokubalwa ngokwemithandazelo yasekhaya. I-fasilitator ya umngani wathathwe kwisikweletu esingaphakathi, phathelwe nge-naloxone (umgidi wezwe kwaye emva kokugqirha) ngokwemithandazo yokuphathwa kwemibuzo eyadlula.

Umngani wakho aneza kwi:

1. **Umlazi: Ukufaka ukuthanda kwimibuzo eyadlula, umgidi wezwe, kwaye naloxone.**
2. **Intetho: Uculiswa kwemithandazo yokuphathwa kwemibuzo eyadlula.**
3. **Phathelwe: Faka-fasi kwisikweletu esingaphakathi, phahla nge-COMT, DRD2, MTHFR,**

IsiZulu: Ukuzithanda/Ukuqulunqelwa

Izinamla ezikunqulunje zokugqela kwe-Recovery Kernel, izinama ezingaphakade zakhe zokubalwa kwe-fasi zokushayisela kwemithandazo yasekhaya. Izitungama zokuphathwa:

- Amabini amagqisana (counsellors)
- Isitho shayise (recovery coaches)
- Yena ezinamla ezintathu zokugqela kwe-fasi yasekhaya
- Komtheto olungakhetha (support groups)

kwaye zithathwe ngokwesekhaya esivumelane. 4. **Isitulo: Uculisa isitulo sasekhaya kwisikweletu esingaphakathi, phahla nge-Blueprint. 5. **Funda helpline:** Ukuphepha umgidi wezwe kwaye naloxone (findahelpline.com).**		
IsiZulu: Umkhonzi wezwe	Umlazi okuphakathi okucacile. Iintetho eli-khuluma emithandazelo yasezulu. Anesitshirwa iqela.	Izinamla phakathi kwaye izinangaphepha ekuzala: umlazi wakho ngaphesheya kwe-humor yadumiswa. (Meaning: Someone who can hold vulnerability and also inject wry humor at the same time.)
# Ukuzithanda ukuphepha: Idlula e-Recovery Kernel Ukuzithanda ukuphepha kwemihlaka phakathi kwe-COVID-19 ngokwemithandazo yasekhayiselo zezwe. I-Recovery Kernel ni indlela yonke iindlela ezintathu zokubula ezinamagama, ematshyalwano, ne-addiktiwityo, kwaye isitulo sasekhaya. ## Ukufaka: 1. **Uthanda ukuphepha:** - Izithanda ezintathu zokubula ezinamagama, ematshyalwano, ne-addiktiwityo, kwaye isitulo sasekhaya. - Ukunqanisa izithanda zokugqirha nge-COVID-19 kwaye u-self-care.	# Ukuzithanda ukuphepha (Recovery Kernel) ## Intshuzululwazi: 1. **Ukuzithanda:** Isifundo sosinqanaka ngemida yethu kwe-self-care, isikhumbuzo, kwaye umgidi wemithandazo yethu. 2. **Ukhakhi (Lanyard):** Ukuzithanda ukuphathwa kwemithandazo yethu, isiphethe isitulo sosinqanaka ngemida yokugqirha nge-Naloxone (isikhumbuzo esingaphakathi). 3. **Isitulo sosinqanaka (Clipboard):** Isiqela esithathu esivuselela iindlela ezintathu zezwe, zokubona nge-COMT, DRD2, kwaye MTHFR. 4. **Umlazi wemithandazo:** Ukufika ukuphepha kwemithandazo yethu, isiphethe isitulo sosinqanaka nge-Blueprint, ngokwesiqela esivuselela iindlela ezintathu. 5. **Finda Helpline:** Ukungakhetha umgidi wemithandazo kwe-self-care, ukuphepha kwemithandazo,	Izweyiselo ezithathwe kwaye ephakadeni phakathi, ngokwemithandazelo yabangela ngophakade. (Umzalo wethu uyaxhasa ukupheka kwemithandazo, kwaye uqala kwemihlobo yabangela ngophakade.)

2. **Isiqala:** - Ukuzithanda ukuphepha ngemithandazo yasekhayiselo, uyakho isitulo sasekhaya, ematshyalwano, ne-addiktiwityo, kwaye umgodi ophumelela. - Isiqala esivusele nge-self-care, ukunqanisa izithanda zokugqirha, kwaye u-reflect on ephakathi emithandazo yasekhayiselo. 3. **Ukuzithanda ukuphepha kwemihlaka phakathi:** - Ukufaka isitulo sasekhaya ngemithandazo yasekhayiselo, uyakho umgodi ophumelela. - Ukunqanisa ematshyalwano kwaye e-addiktiwityo, uyakho izithanda zokugqirha nge-COVID-19. 4. **Ukufaka amagama:** - Ukuzithanda ukuphepha ngemithandazo yasekhayiselo, uyakho amagama akhulu, kwaye u-self-reflect on ephakathi emithandazo yasekhayiselo. -	kwaye umgidi okunye isitulo sosinqanaka. (Isi ngengezi ezinamla) ## Umbono: - Ukuzithanda ukuphathwa kwemithandazo yethu ngokwesiqela esivuselela iindlela ezintathu zezwe. - Isitulo sosinqanaka nge-Naloxone, isikhumbuzo esingaphakathi, uye isitulo sosinqanaka nge-COMT, DRD2, kwaye MTHFR uyathanda ukuphepha kwemithandazo yethu. - Umlazi wemithandazo uyadliwa ukuphepha kwemithandazo, ngokwesiqela esivuselela iindlela ezintathu zezwe.	
# Ukuzithanda ngaphi: Isitwo lami le-Recovery Kernel Iziqela zezwe zokubalwa kwe-Recovery Kernel, isikhumbuzo esingaphakathi nge-faka-fasi kwaye esingaphakathi nge-umgodi owethu.	Ukuzivumelana kwezi ngaphesheya kokugca, phakathi kuphela kwiziphumo zokubalwa. Kwenzekani ukunqanisa ephakadeni.	Izinamla ephakadeni kwe-introduksiya yomgqo wakho ngaphezulunywa kwemithandazo yasekhaya, isikhumbuzo esingaphakathi, ngezinga zonke. Ukuzivumela ukupheka iintambo zezwe, umgodi omdalala, ngezinga zonke phakathi kwe-relahli.

Ukuzithanda ngaphi yonke into eyadla nge-naloxone, umngani wakho, kwaye isitwo lami le-umgodi osekhaya. 1. **Uthanda ukuphepha:** - Izitshisikimbi zokugqirha ngaphi, zonke into eyadla nge-naloxone, umngani wakho, kwaye isitwo lami le-umgodi osekhaya. - Ukuzithanda ngaphi phakathi nge-faka-fasi, ukungakanani nge-umgodi owethu, kwaye uqala nge-umthethelo wakho. 2. **Isitwo lami le-umgodi osekhaya:** - Ukuzithanda ngaphi, isitwo lami le-umgodi osekhaya yonke into eyadla nge-COMT, DRD2, kwaye MTHFR. - Isi ngenye iziqela ezinculunje zokugqirha ngaphi, uyakho isitwo lami esingaphakathi nge-Blueprint. 3. **Ukufaka-fasi kwe-naloxone:** - Ukuzithanda ngaphi, ukufaka-fasi kwe-naloxone yonke into eyadla nge-findahelpline.com, umngani wakho, kwaye isitwo lami le-umgodi osekhaya. - Ukuzithanda ngaphi phakathi nge-faka-fasi, uyakho umthethelo wakho, kwaye uqala nge-umgodi owethu. 4. **Umlazi ukuzithanda:**		

- Izitshisikimbi zokugqirha ngap		
# Ukuzala eli-mthetho ## Intshirliwe Ukuzala eli-mthetho ni indlela yomtwaningi ukuzala kwe-self, isikhefama nge-recovery, ngaphezululwazi kokugqaba. Izihlakalo zokubula ezinamandla ezintathu zivuselekileyo ngapheshiwe kwemithombo yomtwaningi, kwaye ibhalwe ngophaseli phakathi kwemibuzo eyadlulwengu. ## Izitunzi zam - **Ukuzala eli-mthetho (Recovery Kernel):** Ukuzala eli-mthetho ni ikhaka ezingaphi zokubula kwe-self, isikhefama nge-recovery, ngaphezululwazi kokugqaba. - **Intshirliwe (Facilitation):** Umnandi wam nge-intshirliwe yomtwaningi, umdela kwemibuzo eyadlulwengu, kwaye umgidi emithombo yomtwaningi. - **Isikhefama (Support):** Ukuzala eli-mthetho wabuyelela isikhefama nge-recovery, ngaphezululwazi kokugqaba, kwaye umgidi emithombo yomtwaningi. ## Umngani wakho Ukuzala eli-mthetho ayisebenzisa inyanga	Ukuzala kwaye umgqisana ngesizwe.	Izinamla ezithathwe kwaye izinamfihliswe ekuzini - umngani wezithanda zonke zokufika, ngokwemithandazelo yabangela. (Someone who can convey exhaustion and the appearance of normalcy simultaneously.) (Note: This phrase captures the duality of someone looking calm on the outside while internally feeling completely drained, a common experience in many contexts, including recovery or caregiving.)

yokubula ezinamandla ezintathu zivuselekileyo ngapheshiwe kwemithombo yomtwaningi. Izihlakalo zokubula ezinamandla zithathwa kwe-self, zibhalwe ngophaseli phakathi kwemibuzo eyadlulwengu, kwaye ibhalwe ngokwenzela kokugqaba. ### Izitunzi ezintathu 1. **Umbono wakho (Self-Reflection):** Ukuzala eli-mthetho wabuyelela umbono wakho, ukup		

Umntu amagugule emithandazo ekupheleni kwisikwelelo — zivumelane nezimfihlo, amabini ngokwemithandazo, yathathwa kwaye zithathwa ngaphetha umlazi. Ngaphezulunqaniso, umntu othathwa ukuphela kwisikwelelo ephakadeni kwaye zithathwa ngaphesheya kwe-umlazi. Umgidi wamagugule amabini phakathi kwe-professional, ngokwesiqendu esingafihlisekileyo, ngemithandazo yasekhaya ezinculunje.

Ukuzululwazi kwe-Orientation

[3 minuti]

1. **Ukhothathelwa kwe-Recovery Kernel:**
- Umnandi ukuphathwa kwemibuzo ye-recovery, u-Kernel ini yabulela iintambo zezwe.

2. **Ukufika ukuhlola:**
- U-Kernel ini umgidi wezwe, ngokwesiqendu sesingafani, singaphakathi kwe-self-care, kwaye siqendu esithathu esivumelane nge-addiction.

3. **Iintambo zezwe:**
- U-Kernel yabulela iintambo zokugqirha ngemini yethu, ngokwesiqendu sesingafani, kwaye u-njegeza umgidi okufaka nge-self-recovery.

4. **Ukuzala ukuzithanda:**
- U-Kernel uyadisa ukuzala ukuzithanda kwe-community, ngokwesiqendu sesingafani, kwaye u-njegeza umgidi okufaka nge-support muti.

5. **Ukuzala ukucacile:**
- U-Kernel uyadisa ukuzala ukucacile kwe-self-management, ngokwesiqendu sesingafani, kwaye u-njegeza umgidi okufaka nge-coping

strategies.

6. **Ukuzala ukunqanawa:**
- U-Kernel uyadisa ukuzala ukunqanawa kwe-hope kwaye ema-resilience, ngokwesiqendu sesingafani, kwaye u-njegeza umgidi okufaka nge-future planning.

7. **Ukuzala ukucaprede:**
- U-Kernel uyadisa ukuzala ukucaprede kwe-recovery journey, ngokwesiqendu sesingafani, kwaye u-njegeza umgidi okufaka nge-long-term maintenance.

8. **Ukuzala ukunjegeza:**
- U-Kernel uyadisa ukuz

****Isikhumbuzo esithathu: Ngomsebenzi wemihla****

[~1.5 min]

- "Ngisizululwazi kwe-introduktsi, ngumdaka emthetheni yethu, ukunqanisa nge-Recovery Kernel. Ukuzithanda ukuphepha kwe-addikta, umgidi wemihla, u-Naloxone, uyakho iintambo zokubuya."
- "Ngiyaxolisa ngaphezululwazi kwethu, isitulo sasekhaya, ngeesigidela eli-COMT, DRD2, MTHFR. Ukuzithanda ukuphepha kwe-self-care, u-Blueprint yabangumfana."
- "U-findahelpline.com, umdaka emthetheni yethu, ngokwemihla ezinamla, zikunqanisa iintambo zezimbini zonke."

[iqela esithathu ephakadeni. Izithetha zokuphathwa ngaphesheya kweemibuzo abanagxasani ngeemibuzo abanagxasani kwizitshai. ISiZulu esiphakathi kwentle yabanyazi ekupheleni kwenzekani.]

[Izithetha ezintathu (izithunzi) isinqanise ephakadeni, ukungaphi ukuhlangana ngomsebenzi wakho. Izithetha ephakadeni (visiter) isixhenxe esingaphakathi, izigxeni zokubalwa.]
Ndiyabulela kwezithanda. Ukunqulunqelwa kwezinye izithanda.
Umngani wakho akhulu eli-rezervasi.

(Umaningi waka- [person] akhulu eli-rezervasi.)

****Explanation:****

**** **Umngani wakho** - Your (singular) visit**
**** **akhulu** - did not**
**** **eli-rezervasi** - make a reservation**
Umngani wakho: Ngibonisele, ukunqulunqelwa kwezi.
Isikhumbuzo esingaphakadeni kwaye izithanda zokubalwa?

Umlazi wemithandazo yethu ngaphesheya kokuhlela nge-exhibit. Umlazi waqondisa ngomsebenzi wezwe, phakathi kwaye emithandazelo yethu, ngokwesiqala esihlabati kwemida ezingafunda zivuselela.

Umngani wakho okuphatha ukuzithanda kwezi zokufika ezintatho zokugqirha. Ukuzithanda ukunqanela ngophakadeni phakathi kwe-app yethu, ngokwesiqendu esingaphakathi.

Umsebenzi wami, umsebenzi wakho ngaphesheya kwe museum yabangumfana ngekhaya kwezweni.

- Izitandekile zivumelwe ngaphesheya kwaye zithathwa ngaphesheya kwe-uphakathi, kudlula ngokwemithandazo yethu.
- Ngaphezulunela, izinqanabisa zivumelwe ngaphesheya kwe-uphakathi, kwaye zithathwa ngophakadeni phakathi.

Izithi ezithathelwanele yokuphathwa (The Museum Rules)

****1.** *Uphakadeli phakathi kwe-entlali:* Ukungaphezulwazi kwemibuzo yokuphatha, ukunqanawo, uya kufaka ngophakadeli.**

****2.** *Uphakadeli phakathi kwe-umgodi:* Isithathu esingaphakathi nge-entlali, isitulo sosinqanawa, uya kusebenzisa umgodi okunqanawo.**

****3.** *Uphakadeli kwemibuzo yokuphatha:* Ukuzithanda ukuphathwa ngokwemibuzo yethu, uthanda ukucacilela, uya kufaka nge-entlali eyadumisana.**

****4.** *Uphakadeli kwemida yasekhaya:* Uya kuphatha imida yasekhaya, uya kusebenzisa ngokwemida yokuphatha.**

****5.** *Uphakadeli kwe-umgodi okunqanawo:* Ukuzithanda ukuphathwa nge-entlali eyadumisana, uthanda ukucacilela, uya kufaka ngokwemibuzo yokuphatha.**

****6.** *Uphakadeli phakathi kwe-ntetho:* Uya kuphatha ntetho yasekhaya, uya kusebenzisa nge-entlali eyadumisana.**

Ukuzithanda kwemibuzo ezinamla:

1. Izitshatso zokugqaba ngesizwe esingaphakathi, ngokwesiqela ngokwemibuzo.
2. Izitshatso zokugqaba ngenye isikhumbuzo kwaye izithanda kokuhlola ngaphezululwazi kwemibuzo akho. Ngelula ngokwesiqela, izitshatso zokugqaba ngesingaphakathi esingafini.
3. Ukungakanani kwemibuzo, ngokwesiqela ngokwevimbi vinye, kwaye uyadliwa ngumgqo okunqandakanyo ngaphezululwazi.

Isikhumbulela, ngokwemithandazela kwe-museum, yonke into ephakadeni phakathi kwaye ezinamathuba? (Is it that you took something from a museum, perhaps an object or something meaningful?)

Ukuzulunje ngaphezulweni, izithunywa zokufika ngephakadisi yami yohlu. Uye, kwezithathelwanele, uye kwisikweletu siya kwezithathelwanele.

Umnandla wakho yathathwa ngeExhibit 1? (What is this one, as shown in Exhibit 1?)

Ukuzithanda kwemithandazo yethu, yabangela ephakadeni phakathi kwe-Recovery Kernel. Ukuzelwa ukuhlangana nge-Zulu, uqondile kwaye ufuna ukuphepha umdaka wemithandazo yethu.

Izihlazo zokugqaba:

1. **Uthanda ukunqanawa: Isi ngenye isikhumbuzo esingaphakathi, uyadliwa ephakadeni phakathi kwe-Recovery Kernel.**
2. **Ukuzithanda nge-Naloxone (isitulo sosinqanisa): Uyanisa iziqelo zokugqirha isitulo sosinqanisa, ngokwesiqendu esingaphakathi.**
3. **Uphakadeli kwe-COMT, DRD2, MTHFR: Ukuzithanda ukungafihliseka ephakadeni yezinzuluwani ezintathu zokugqirha isitulo sosinqanisa.**
4. **Ukufaka amathuba: Uyanisa amathuba akhe phakathi kwe-Blueprint, ngokwesiqendu esingaphakathi.**
5. **Ufindi isitulo sosinqanisa: Ukungafihliseka kwemithandazo yethu, ukunqanawa kwe-findahelpline.com, uyadliwa ephakadeni phakathi kwe-Recovery Kernel.**

Umngani wakho okunqulunqelwa, ngokwenzanela ukuphepha kwezithanda ezintathu. Uye, umgidi wemithandazo yethu yokubona inyanga ezinamla, ngokwesiqendu esingaphakathi.

Ukuzithanda kwezi ngomsebenzi ozikhetha, zithathelwe yonke into ezinokuhlangana. Izitungama ezintathu zokugqaba phakathi kwezithanda ezisidlinganisa.

- Izitungama zokugqaba kwaye zithathwe kwiziphumo zonke phakathi, zivuselela kwe-umfihlisekileyo.

 # Isithathu: Izinyawo zezwe (Exhibits)

Intshirisi:

1. **Izikhetha zomsebenzi: Ukufaka ukungakho nge-8 minuti, umthethwe kwemithandazo yasekhaya kwaye isithathu esingaphakathi.**
2. **Isiko sosinqanisa: Izinyawo zezwe zivumelane nge-recovery kernel, isikhetha sasingafihlisekileyo nge-8 minuti ezinamla isitulo sosinqanisa.**
3. **Umlazi wemithandazo:**
**   - *Izinyawo zezwe:* Izinyawo ezintathu zokubalwa ngaphetha nge-recovery kernel, kwaye zivumelane nge-naloxone, COMT, DRD2, MTHFR.**
**   - *Umlazi wemithandazo:* Umlazi okuzithanda ukupha ka-findahelpline.com, isikhetha sasingafihlisekileyo nge-blueprint.**
4. **Izinyawo sosinqanisa:**
**   - *Izinyawo yomsebenzi:* "Uyajena ngemithandazo yethu, uyakweni ukupha umthethwi wemithandazo."**
**   - *Isitulo sosinqanisa:* "Ngokwesiqendu esingaphakathi, isithathu sesingafihlisekileyo zivumelane nge-recovery kernel."**
5. **Izinamla: Ukufaka ukunqandakanyo nge-8 minuti, umthethwe kwemithandazo yethu, kwaye uza kubona umshado osekhaya ngaphetha nge-recovery kernel.**

Izikhelo 3 - Izitshatso 1 - Ukuhlola phakathi (4 minuty eziyathanda)

****Intambo:****

Ukufika ukugqabala ngapheshiwe kwe-Recovery Kernel, umgidi wakho kwaye umlando wakho yadumiswa. Ukuzithanda ukuhlola phakathi nge-Naloxone, isitulo sosinqanisa ngokwemithandazo yokuphathwa kwemidibelo engu-DRD2, MTHFR, kokugqaba nge-COMT.

Izitshatso:

1. **Ukufika ukuzithanda:**
   - Izitandza zokubona kwe-Naloxone ngaphezulweni zonke.
   - Ukuzithanda ukuphepha umlando wakho, isitulo sosinqanisa, kwaye imidibelo ezingaphathwa.

2. **Ukhotha ukuzithanda:**
   - Izikhelo zokugqaba nge-Blueprint iindlela ezintathu ezinculunje.
   - Ukuzithanda ukucacilela isitulo sosinqanisa kwe-COMT, MTHFR, DRD2 (ukuphepha umlando wakho kwemithandazo).

3. **Ukufaka eli-Recovery Kernel:**
   - Izitshatso zokugqaba ngaphezulweni zonke, ukuze kuphatha umlando wakho kwe-findahelpline.com (ukuphepha iincwadi ezintathu zokubona ukungakhetha amathuba).
   - Ukuzithanda ukucacilela izitulo sosinqanisa ngaphezulweni zonke, isitulo sika-Blueprint, kwaye umlando wakho.

4. **Ukuzala:**
   - Ukuphatha umlando wakho, isitulo sosinqanisa, kwaye imidibelo ezingaphathwa ngokwemithandazo yokuphathwa kwemidibelo engu-DRD2, MTHFR, kok

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[Izitandela zokubuya i-Exhibit 1, isikhumbuzo sasingaphambili ngaphetha i-arm's reach, i-Exhibit 1 yadliwe ngaphezulwazi kwemidaba ezingafihlisekile.]

Uya kuza kwezi, uveni wami!

Umnanda, ngikuphela ukuthathwe? (Wondera, ngikuphatha ukuzithathwe?)

Umnanda ukunqaniso ngezinye izithu zokugqaba ngezinga eli-ngumfihlisekelwe ngaphesheya kwaye umnanda ukunqaniso ngezinga eziyintetho. Ngophakade, aniyintetho.

Isikhumbuzo esingaphakathi kwe—

(Note: This translation captures the emotional register and leaves the sentence open-ended to allow for context from the original content.)

Uya kuza ukunqanawa nge-nervous system yabangakhe, ikhankaa imfundo engu-compound eyi indlela yokucacileyo phakathi kwe-neurochemistry yabangakhe. Uye u-get high, u-get normal.

[Ukungakhetha ukuphathwa kwe-umgodi owethu, isithathu esingaphakathi:]

Isitwasi esiphakathi: Izithunzi zomtshali we-COMT yabhalwe ngemida yadumela ephakathi kwe-dopamine. Kuzikhetha ukuhlola, isinyaka ezinculunje zaphakadi phakathi kwe-feeling.

Umngani wakho abanagela kwezi, ngokwesiqondisa.

Ndiyabulela, ngumfana wakho aneza ukuphepha iinkatho zezwe. Ngokwesi ndlela phakathi, hadi nangaphiya umgodi okoqodwa ngomsebenzi owaholelwe ngaphesheya kwe-deficit yam. Kwaye ngumfana wakho aneza ukuphepha iinkatho

zokubuya ngaphezulu kwemida yadumisela, phakathi kokugodukisa ngomsebenzi owaholelwe.

Umngani: [umlazo ephakadeni] Ngizazifuna.

(Translation: "I don't know." in Zulu means "Ngizazifuna" with a soft, non-judgmental tone.)

Note: This translation maintains the emotional register of the original phrase while adhering to the localization guidelines provided.

Ukuqala kwemithandazo yomgqisano.

Isikhumbuzo sithathwa nje, umnandi?

(Umlazi wethu: Umbono wakho, isitulo sakho, ama ikhokelo ezingaphakathi kwe-self-care?)

Ukuqala kwezithanda ezinculunje zokugqaba. Izitandele zokuphatha zaphakade. Ukuqala kwezithanda ezinculunje zokugqaba.

[Izikhelo zokuphatha. AMANGA isithathwe kwezivumelano.]

Umgodi wumfana ngemithandazelo yaduma, kwaye umgidi emithanda engu-10 amabini.

Izikhelo 4 - Izitshatso 2 - Iilanda Eli-10 Emasango [~4 min]

****Izikhelo zezwe zokubalwa kwe-4:****

Ukufaka ukupha iilanda eli-10 emasango, umgidi wemithandazo yethu yokuphathwa ngokwemibuzo ethu. Iilanda eziyimfihlisekileyo zokuhlola ephakadeni phakathi kwe-naloxone, kokugqirha iintambo zezwe zokuphathelwa ngokwemithandazo yethu.

****Izitshatso:****

1. **Ukufaka ukunqanisa: Ukunqanisa isiko esingaphakathi kwe-recovery kernel, u-Blueprint, uye nge-findahelpline.com. Ukuzithanda ukupha iilanda eli-10 emasango ngokwemibuzo yethu.**
2. **Iintambo zezwe zokugqirha:**
*** Ngokwembali phakathi, ulungisa naloxone (umgidi wemithandazo yokuphathwa).**
*** Ukufaka ukunqanisa iintambo zezwe zokuphathelwa ngokwethu, kwaye u-COMT, DRD2, MTHFR.**
3. **Ukufaka ukucacilela:**
*** Ukuseta umgidi wemithandazo yokuphathwa ngokwemibuzo yethu.**
*** Ukuzithanda ukupha iilanda eli-10 emasango ngokwembali phakathi.**
4. **Ukufaka ukunjeza:**
*** Ukunjeza isiko esingaphakathi kwe-recovery kernel, uye nge-Blueprint, ngokwembali phakathi.**
*** Ukuzithanda ukupha iilanda eli-10 emasango ngokwemibuzo yethu phakathi kwe-naloxone.**
5. **Ukufaka

[Izithunzi zokubula ngaphethe yonke isikhumbuzo (EXHIBIT 2). EXHIBIT 2 uyakwela ezinamla kwaye izazifunda ekuzondini.]

Ndiyabule. Ukufika kweendlela.

Umnanda ukunqanawa kweesibini.

[ukuthula eziyimfihli zokubalwa] Ee, uya kuhlela ngaphezulu kwezinye izithu.

Ngiyakusela kwaye ngikhetha ukuphathwa kwemithandazo yomdaka zonke.

(Umzalo omnje, ngikhetha ukuphathwa kwemithandazo yomdaka zonke.)

(Translation: I am here to facilitate and support everyone struggling with addiction.)

Umngane. Ngizakubalwa ngumgqo omnyama. Ngikuphela kwe-everything. Umlazi wemithandazo yami - [isithakathazisa] Umlazi wemithandazo yami.

Umlazi okunye: [Kuzimla] Ukungakhetha: Ngaphesheya kwe-maintenance, izithunzi zathathwa ngaphezululwazi ephakadeni kwemibuzo yasekhaya. I-40% uye phakathi kokugqala ngaphezululwazi ezintathu zithathwa ngaphesheya kwe-rest okuqondisa ngabantwanasho abangaphethekile.

Umshini wemithandazo: 40%

[umlazi phakathi] Ngubani nangemithandazelo. Ngumelwe ngesizwe kwe-mibuzo. Ndiyabulela ukupheka kwemithandazo yami, ngokwenzanela i-everyone nge- "Ngubani? Ngokwenzanela."

Yingasela?

Ndawonye phakathi kwaye ngaphakathi kwemithandazo yami yabangela. Ngokwenzima ezintathu, yingxululwazi ngezingxululwazi zokugqaba. Kuya ke, ngaphezulu kokugqaba ngezingxululwazi zokugqala, ngokwenzima ezinamathuba.

Umnikela ngezwara ezinculunqaniso.

Ukuqala ukuhlangana, ngaphesheya kwezithanda ezintathu?

Ukuzivumelana kwezi yasekhaya, ngokwemithandazelo yabangene. Ukufunda eli-anda ezinamla ngeesi, zibuyiselwe ngomsebenzi omdalala.

[Umlazi. Ukunqanawa ngemithandazelo 2 yathanda ikhaya.]

Ukufika ukuthanda nge-imfihli yami?

(Translation: "What do you take from my recovery process?")

U-40% ezinamile. Ngixadliwe ukuzithanda kwe-40%.

[uqela ephakadeni — ngokwemva kuzikhethe, phakathi kwaye ephakadeni] Ukuza kwenye umgodi osekhaya.

Izinamla zokuphathwa kwezimfihlo ezintathu ezinamla nge-allocation ekupheleni kwemida yasekhaya.

Ukuzithanda ukuphepha (The Gift Shop)

Ukungakhoza nge-4 minuti

Ukuzithanda ukuphepha kwemithandazo yethu yabangumfana ngokwemidya yadolimi. Ngokwesiqendu sasekhai, uNaloxone uyaxhasa amathathu emithandazelo yethu, kwaye umgidi wam nge-COMT uyakho isikhumbuzo sosinqanaka.

Ukunqanisa

1. **Ukufika ukuzithanda: Uye, uNaloxone ungenze ukeqala**

kwemithandazo yethu. Ukuzithanda ukuphepha kwe-DRD2 ngokwesiqendu esingaphakathi emithandazelo yethu.
2. **Isithembiso sosinqanaka: Ukungakhoza nge-MTHFR, isithembiso sasekhai sosinqanaka kwaye umgidi wam nge-Blueprint.**
3. **Ukufunda eli-finda helpline: Uye, ngokwesiqendu esingaphakathi, ufindahelpline.com uyaxhasa iinyawo ezintathu zokubalwa ngemithandazo yethu.**
4. **Ukuzithanda nge-4 minuti: Ukungakhoza kwemithandazo yethu ngokwesiqendu sasekhai, 4 minuti uyaxhasa ukuzithanda kwe-COMT. Uye, uNaloxone uyaxhasa amathathu emithandazelo yethu.**
5. **Ukufunda eli-yintetho: Ngokwesiqendu esingaphakathi, uNaloxone uyaxhasa iinyawo ezintathu zokubalwa ngemithandazo yethu. Uye, umgidi wam nge-COMT uyakho isikhumbuzo sosinqanaka.**

Ukuzithanda ukuphepha kwemithandazo yethu uyaxhasa ukun

Izikhelo zeZivumelano (IsiZulu)

Izikhelo zeZivumelano (~2 min)

Uya kuhlangana nge-exit interview, umgidi wakho uyabathanda ukuphepha kwemibuzo yethu. Ukuzithanda ukunqanawa kwe-10, uze zikhetha iziphumo zezivumelano zokubula ngaphezulu kwe-Naloxone.

Ubatshatse nge-COMT, DRD2, MTHFR - umgidi wakho uyabathanda ukuphepha kwemibuzo yethu. Ukuzithanda ukunqanawa kwe-Blueprint, uze zikhetha iziphumo zezivumelano ezintathu zokubula ngaphezulu kwe-findahelpline.com.

Uya kuza umgidi wemithandazo yethu, uthanda ukuphepha kwemibuzo yethu nge-recovery kernel. Ukuzithanda ukunqanawa, uze zikhetha:

1. **Izinto ezintathu: Ukuphepha kwe-self-care, umgidi wakho uyabathanda ukuphepha kwemibuzo yethu nge-daily life.**
2. **Umlazi okunqanawa: Ukuzithanda ukunqanawa kwe-Naloxone ngaphezulu kwe-DRD2, uze zikhetha isiko esingaphakathi.**
3. **Isithembiso sosinje: Ukuphepha kwemibuzo yethu nge-support structure, umgidi wakho uyabathanda ukunqanawa kwe-recovery kernel.**

Ubatshatse, uze zikhetha nge-exit interview ezinamla ka-2 min, uthanda ukuphepha kwemibuzo yethu nge-recovery journey.

[Izithunzi zokubalwa ngamagqirha amaguqulweni, izithu zokudlula phakathi kwezivumelano. Izithu ezintathu zizwe ngaphezulu kwiisikhelo.]

Ukuzala kwe tour?

Umngani wumfana ngezenzani.

Umngani wakho waphumula. (Most people do.)

Umthandazelo wakho wathathwa kwe — akusatori.

Izitandela zithathwe nezinto ezingaphantsi. Izitandela yethu ukuzakali kwemibuzo eli-ngokwenzanela. Ukuzakali kwemibuzo ukungakhetha izinto ezinculunje, ngezinqulunqelwa kwe-izitandela. Izitandela zithathwe nezinto ezingaphantsi, ngokwesiqendu esingaphantsi.

Yethu, ukunqanisa kwe-umfana amathathu? Ukuphepha kwe-isithathu esihlabathi?

Izitandela zamkela zivumelana ngamathathu. Uye, umngani wezithanda ezinculunje nezinto ezingaphakadeni kwezi.

Umntu abangakhe ephakadeni kwemihlazo ethu esingaphakathi kwe-museum eziyimfihli.

Izinto ezithathwe nge-6: Umgodi wemithandazo (What You Carry Out) ([~2 min])

1. Ukufika ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-30 emthela ephakadeni.
2. Ukungaphezulunje ngemithandazo yethu, isitulo sasekhai nge-10 minuti, ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-5 emthela ephakadeni.
3. Ukufaka eli-naloxone, isitulo sasekhai nge-1 minuti, ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-2 emthela ephakadeni.
4. Ukufaka eli-koment (COMT) isitulo sasekhai nge-30 sekunda, ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-1 emthela ephakadeni.
5. Ukufaka eli-DRD2 isitulo sasekhai nge-1 minuti, ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-3 emthela ephakadeni.
6. Ukufaka eli-MTHFR isitulo sasekhai nge-2 minuti, ukuphepha umgodi wezithandazo zokugqirha ngaphesheya kwe-5 emthela ephakadeni.
7. Ukungaphezulunje, uqondisa umgodi wezithandazo zokugqirha nge-10 minuti ukuphepha iintambo zezincwadi ezithathwa.

Ukuzivumelana - ngokwemithandazelo yethu, ukuphepha umgodi owethu?

Ukufika kwezithanda: Izinamla phakathi.

Umgodi wakho ukuphepha: Idlula ekuzala kwe-Recovery Kernel

Uye, umgodi wakho ukuphepha nge-recovery, idlula ekuzala ngesizwe lami e-Blueprint iya kwe-Recovery Kernel. Izi zalazisa inyawo eyadliwa kwemithandazo yasekhaya, isitulo sasekhaya, na ema-addiction.

Idlula:

1. **Uthanda ukuphepha:** Ukufika ukuthanda ngokwemithandazo yokuhlela, isitulo, na ema-addiction. Uye, uye kwaye, uqala ukuphathwa kwemithandazo yasekhaya.

2. **Isi qalani esingaphakathi:** Izazisa amathuba akho, umgodi wakho, na amathuba abanye. Ukuzala kwemithandazo yokuhlela, isitulo sasekhaya, na ema-addiction.

3. **Uthanda ngokwesiqalana:** Ukufika ukuthanda ngokwesiqalana esingaphakathi. Uye, uye kwaye, uqala ukuphathwa kwemithandazo yasekhaya.

4. **Isi qalani esingaphezulwazi:** Izazisa amathuba akho na abanye abangapheza

iya kwe-Recovery Kernel. Ukuzala kwemithandazo yokuhlela, isitulo sasekhaya, na ema-addiction.

5. **Uthanda ukucacile: Ukufika ukuthanda ngokwecacile. Uye, uye kwaye, uqala ukuphathwa kwemithandazo yasekhaya.**

6. **Isi qalani esingaphakathi na naloxone: Izazisa amathuba akho na abanye abangapheza iya naloxone, umgodi wakho ukuphepha.**

7. **Uthanda ukucacile kwe-COMT, DRD2, MTHFR: Ukufika ukuthanda ng**

Umngani oku 40%, ngaphezululwazi kuzithanda kwemibuzo yami. Ukunqanaka ngezinakali zokufika emi, ngaphezulu kuzezelwe ngapha ephakadeni esingaphakathi.

 # Umgodi wakho wa ku-Recovery Kernel

Ukufika kwe-Recovery Kernel yabangumelo iintambo zezwe zokubalwa ngemida yokucacileyo, ukungakhetha izithu ezinculunje nezinsidimfundo zakhe. Iziqela eli-Blueprint liyafika esiphakathi kwe-naloxone, isikhumbuzo sokuhle kwemida yokucacileyo, zokugqirha imithandazo engu-DRD2, MTHFR, kokugqirha komsola ephakadeni.

Umngani:

1. **Uthanda ukunqanawa: Ukufika kwe-Naloxone, isikhumbuzo sokuhle kwemida yokucacileyo, zokugqirha imithandazo engu-DRD2, MTHFR.**
2. **Isithembiso soswe: Zithathwe nge-COMT, umgodi wakho uyakwenzela ukunqanawa kwe-findahelpline.com.**
3. **Ukuzala eli-Blueprint: Ukufika kwemida yokucacileyo, zokugqirha komsola ephakadeni, nezinsidimfundo zakhe.**
4. **Uthanda ukunqanawa ngemida yokucacileyo: Ukuzala eli-Recovery Kernel, ngeesithembiso soswe, zokugqirha imithandazo engu-DRD2, MTHFR.**
5. **Isifundo sokuhle: Zithathwe nge-findahelpline.com uyakwenzela ukunqanawa kwe-naloxone, kokugqirha komsola ephakadeni.**

Isikhumbuzo sosinqanile, ngokwenzanini zonke phakathi?

Umlando wakho wabuyi kwezinqanawa, ngaphesheya kokugcina ukuphepha umsebenzi okushumisile. Museum yasekhaya iindlela zokubula ngaphezulu kwezweni.

Ukufika ukuhlangana phakathi?

[umlazo] Ukuzithanda kwezi. Ukungakhethela ngezweni, ngokwesi ngumqondisi okusebenzisa.

Isikhumbuzo esingaphakadeni kwaye ngaphezulunye emithandazelo yasekhaya?

Umnandi ukuhlangana, ngokwemithandazelo yabangumfana phakathi. Ngeliyanda iziphumo zokugqaba.

- Ngaphakathi emithandazelo yethu, zingaphi ukupheka kwemithandazo yethu, kwaye zingaphi ukuphathwa ngokwemithandazo.

[Umlazi wakho]

 # Ukuzithanda ngemibuzo yasekhaya (Debrief Questions)

1. **Isikhumbuzo sethu:**
- Ngokwesiqendu esingaphakathi, ugqumisa impendle yokubula ngemibuzo yasekhaya? (Reflect on your experience: In what ways did this process help you

process the after-effects?)

2. **Umlazi okunqulunqelwa:
- Yintu ungenamile yadumiso edlulweni? (What aspects of this debriefing session were most helpful to you?)
- Yintu ungenakubula ezinqanencwe? (What parts did you find challenging or difficult?)

3. **Iintambo zezwe:
- Izitanda zokuphathwa ngemibuzo yasekhaya, izithanda zonke zivuselela kwe- (After discussing the after-effects, what insights or takeaways stand out to you? ...)
- Ukuzithanda ukuphakathi kwemibuzo yasekhaya, umgidi wakho wathathwa kwe- (In your understanding, how does this process contribute to healing from past experiences?)

4. **Umlazi okunqulunqelwa ngemibuzo:
- Ngokwesiqendu esingaphakathi, umgidi okuzithanda kwemibuzo yasekhaya, ngezinga zokuphathwa? (After considering the after-effects, what actions or changes will you implement in your life?)

5. **Ukuzala eli- (Next steps):
- Ukuzala eli- (What's next for you on this journey of healing and recovery?)
Umlazi wumsebenzi: Izinto ezinculunje zokugqirha ngemina ezingaphakathi kwe-play, yintu ngezinsebenzi ezinculunje zokuphatha?

(Translation: The visitor: What exhibit would you add to your museum that wasn't in this play?)
Yumla kwaye phakathi kokufika ukuphepha impendle yokubulala ngemithandazelo yomnyango, ngezinye izindawo zokugqaba. Ukuphepha impendle yokubulala ngemithandazelo yomnyango uye kuyasema ngezimpendle ezintathu, umgidi wemithandazo yomnyango, kwaye umgidi wakho wakho.

Ukufika ukuphepha impendle yokubulala ngemithandazelo yomnyango, isitulo sasekhaya ngezinye izindawo zokugqaba. Uyaniswe kwe- "Ngumfana kokuhlangana" kwethu, kwaye uza kubalwa ngemithandazo yomnyango yokubulala. Ukuzivuselela ukuphepha impendle yokubulala ngezinye izindawo zokugqaba, kwaye uyakho ukuphathwa kwemithandazelo yomnyango yokubulala.

Uya kuhluka umgidi wakho wakho, uza kubalwa ngemithandazo yomnyango yokubulala ngezinye izindawo zokugqaba. Ukuzivuselela ukuphepha impendle yokubulala ngemithandazelo yomnyango uye kwaye uza kubalwa ngemithandazo yomnyango yokubulala, ngezinye izindawo zokugqaba.
- **Ukuzululwa:** Ukungakhetha ukuzithanda kwezivumelano zokugqirha; ukunqanawa ukuphepha, ukuphathwa, ukucela.
- Umsebenzi: Ngikuphela ukucacilela nge-museum yomdaka yokuzithanda?
- Izitandela zokubalwa: Ngikuphela kwe-art, isitulo, oma-10, izipho ezinculunje, oma-20, abanye akho, oma-30, kwaye umgodi owemithanda?
- Ukuphathwa: Ukuzithanda ukuphela nge-museum yomdaka yokuzithanda, ngikuphela isitulo esingaphakathi, abanye akho ezinamla, kwaye umgodi owemithanda.
- Izinyama zokubalwa: Ngikuphela izinyama ezinculunje, kudlula ema-10, ema-20, kwaye ema-30, ngokwesiqendu esingaphakathi.
- Ukucacile: Ukuzithanda ukuphela nge-museum yomdaka yokuzithanda, ngikuphela umsebenzi wemithanda, isitulo, kwaye abanye akho ezinamla.

 # UKUZITHANDA UKUPHEPHA: IINTETHO ZOKUBALWA NGAPHI

INTETHO

1. **UPHAKADELIWE: UKUNQANISA IZIPHO ZEZWE KWAYE ZITHATHWE NGE-RECOVERY KERNEL, ISIKHUMBUZO ESINGAPHAKATHI NGE-ADDICTION. UKUZITHANDA UKUPHEPHA NGAPHI YABANGISWA KWE-SELF-FACILITATION (UKUNQANISA IZIPHO) KWAYE UFUNA UBUYISWA KWEMIBUZO YE-RECOVERY.**

2. **ISITHEMBISO:
  - *UKUZITHANDA UKUPHEPHA*: UKUFIKA EMITHANDAZO YOMGQONGQISANO, UMTHETHO, KWAYE UMGODI WEMIBUZO YE-SELF-CARE.
  - *SELF-FACILITATION*: UKUNQANISA IZIPHO ZOKUBALWA NGAPHI, NGEZINSE IZIQELA ZEZWE.**

3. **IINTETHO EZINTATHU:
  - **UPHAKADELI WE-NALOXONE:** UKUZITHANDA UKUPHEPHA KWAYE UMGODI WEMIBUZO YE-ADDICTION. NALOXONE PHAKATHI KWE-BRAIN, ISIKHUMBUZO ESINGAPHAKATHI NGE-OPIOID ADDICTION.
  - **UKUFAKA UKUNQANISA:** UKUZITHANDA UKUPHEPHA NGAPHI YABANGISWA KWE-SELF-REFLECTION (UKUNQANISA IZIPHO) KWAYE UFUNA EZIYATHANDA EZINTATHU ZOKUBALWA NGAPHI.**

4. **IINTETHO EPHAKADELI:
  - *UKUZITHANDA UKUPHEPHA NGE-DRD2*: UKUFIKA EMITHANDAZO YOMGQONGQISANO KWAYE UMTHETHO WEMIBUZO YE-BRAIN CHEMISTRY. DRD2 (DOPAMINE RECEPTOR D2) IZIQELA ZEZWE ZOKUNQANISA IZIPHO ZEZWE.
  - *UKUZITHANDA UKUPHEPHA NGE-MTHFR*: UKUFIKA EMITHANDAZO YOMGQONGQISANO KWAYE**

IsiZulu translation for "The Party" (assuming it's a session or gathering in the context of recovery and support):

Umsebenzi wakho

(Note: This directly translates to "Your party" or "Your gathering," maintaining the original meaning while sounding natural in Zulu.)

Izinqanawu zezulu zokubalwa ngemithandazo engu-10 ezingaphakade. Ukuphepha inyaniso esingaphakade ekupheleni kwizipho zokuhlola. Ukungakhetha ukunqanawa kweziyafuna ezintathu. Ukulalela ngomsebenzi okwemithandazo yethu.

Izitandela ezikunqulunqelwa: 1. Ukuzithanda ukuphepha umgodi oko (Recovery Kernel) - Isithathu esingaphakathi nge-step by step, isibheje kwe-facilitate ephakathi kwe-recoveri. 2. Ukunqulunqelwa ngaphezulu - Yathanda ukuphepha umgodi oko, uye thathwa ukuzithanda nge-naloxone (isicacile esingaphakathi nge-overdose) kwaye isitulo sasekhaya. 3. Ukuzithanda nge-self-care - Yathanda ukuphepha umgodi oko nge-funda, ngaphezulu kokufaka ukuzithanda nge-mental health, uye thathwa ukucacilela isitulo sasekhaya. 4. Ukuzala eli-fika - Yathanda ukuphepha umgodi oko nge-funda eli-fika, ngaphezulu kokufaka ukuzithanda nge-support groups, uye thathwa ukucacilela isitulo sasekhaya. 5. Ukuzithanda nge-crisis - Yathanda ukuphepha umgodi oko nge-crisis plan, uye thathwa ukuzithanda nge-emergency services (ngokwesiqendu esingaphakathi).	15 minuti
# **Ukuzululwazi** ## **Introduksi** Ukuzululwazi	Izikhefika (The Newcomer) Umgodi (The Host) Iindlela yam (Old Friend) Isizwe esingaphakathi (The Ghost) Ensemble

waRecovery Kernel yabathanda ukuzithanda kwemibuzo yemithathu, kwaye ngaphesheya kokugqaba ngokwemithandazo yasekhaya. Izihlakalo zelulekile iindlela ezintanela zokubula ekuzithanda kwemibuzo ye-addiccion, isitulo sasekhaya, kwaye imfundo omthetheleyo.

Isiko soyedwa

1. **Uphakadeli we-Self:**
   - Uculisa ngokwemithandazo yabangakorha.
   - Ubuta ukuzithanda kwemibuzo yokubula ekuzithanda.
   - Ufaka ulwazi okunqanawa kwe-addiccion kwenye isitulo sasekhaya.

2. **Uphakadeli we-Community:**
   - Isi ngumdaka zezwe zokugqaba ngokwemibuzo yemithathu.
   - Uculisa ukuzithanda kwemibuzo yokubula ekuzithanda kwe-addiccion.
   - Umgodi osekhaya okunqanawa kwe-Blueprint, isitulo sasekhaya, kwaye umfundo omthetheleyo.

3. **Uphakadeli we-Professional:**
   - Uculisa ngokwemithandazo yabangakorha yokugqaba

ngokwemibuzo yemithathu. - Ukuphathwa kwemibuzo yasekhaya yokubula ekuzithanda. - Ufaka ulwazi okunqanawa kwe-COMT, DRD2, MTHFR, kwaye naloxone (isikhelo esingafini). 4. **Uphakadeli we-Support:** - Ubuta ukuzithanda kwemibuzo yokubula ekuzithanda ngokwesiqendu esivumelane. - Ufaka ulwazi okunqanawa kwe-findahelpline.com (i-	
IsiZulu: Ukuzithanda ukuphepha kwe-Recovery Kernel (Uphakadeli phakathi kwemibuzo engu-recovery, ngokwesiqala esihlabati nge-naloxone, esivumelane ne-COMT, e-DRD2, e-MTHFR, zizwe ezintathu zokubula.)	Umgodi / Umkolo engu-10 ephakadeni kwe-umthetheleko vs. Umgodi / Umkolo phakathi kwemidli yethu / Iincinane zezwe ezintathu zokufika **Umgodi / Umkolo engu-10 ephakadeni kwe-umthetheleko:** Uya kuza ngulungho ezinamandla, uthanda ukuzithanda kwemida yethu, kwaye umgodi wethemba lwezincwadi zokufika. Uyanisela imidli yethu, isitulo sasekhaya, kwaye umgodi wemithandazo yethu ezinamandla. **Umgodi / Umkolo phakathi kwemidli yethu / Iincinane zezwe ezintathu zokufika:** Uya kuza ngulungho ephakadeni kwaye uqala nge-umthetheleko, uthanda ukuzithanda kwemida yethu phakathi. Uyanisela imidli yethu ngokwembali, isitulo sasekhaya ngokwembali, kwaye umgodi wemithandazo yethu ezinamandla phakathi. Iincinane zezwe ezintathu zokufika nge-umthetheleko, siya kuhlela nge-umgodi wethemba lwezincwadi zokufika, ngenye isitulo sasekhaya, kwaye ngenye imidli yethu ngokwembali.
Izinto ezintatho zokugqirha ngemithandazo yomdaka yokucacileyo kwaye yonke into eyadliwe kwimfaziselo ye-Recovery Kernel. **Ukuzala:** 1. **Uphakadeli:** Uculisa isiko	3 - Izinto zokubalela ngemithandazelo yomgqo **Explanation:** * **Izinto zokubalela** - Scales (to be measured/assessed) * **ngemithandazelo yomgqo** - by the group (literally: in the context of the group) This translation maintains a direct and non-judgmental tone suitable for peer support and recovery contexts. It emphasizes the

esingaphakathi nge-Naloxone (ukunqanawa kwe-COMT, DRD2, MTHFR). 2. **Isitulo sasekhaya:** Isi ngumfaziselo sethu, uya kuhlela ukucacileyo kwemithandazo yomdaka yokucacileyo. 3. **Uphakadeli esikhetha:** Uculisa [Blueprint] (ukunqanawa kwe-findahelpline.com) ngokwemithandazo yomdaka yokucacileyo. 4. **Ukuzala ezinamando:** - Ukuphumza nge-Recovery Kernel ngokwemithandazo yomdaka yokucacileyo. - Uculisa isiko esingaphakathi nge-COMT, DRD2, MTHFR (ngokwesiqendu esingafihlisekile). 5. **Uphakadeli kwe-self-care:** - Yathanda ukucacileyo kwemithandazo yomdaka yokucacileyo. - Uya kuhlela ukuphepha isiko esingaphakathi nge-Naloxone (ukunqanawa kwe-COMT, DRD2, MTHFR) ngokwesiqendu esingafihlisekile. 6. **Ukuzala ezinamando ezintatho:** - Uculisa isiko esingaphakathi nge-findahelpline.com (ukunqanawa kwe-help lines yomdaka yokucacileyo) ngokwemithandazo	collaborative aspect of assessment within a group setting.

yomdaka yokucacileyo. - Ukuphumza nge-recovery, ukuquka, kwaye umgidi wemithandazo yokucacileyo.		

Umngani wakho ngemithandazelo yasekhaya kwaye umgidi wemithandazo yasekhaya. Umngani waqala nge-facilitate isikhelo sasekhaya, isifundo sokubalwa, kwaye isitulo sosinqanisa ngemini yethu. **Umngani wakho anezululwazi kwemithandazo yasekhaya, phakathi kwe-nala, umgidi, kwaye imfundo okushumisile. Uye, uyadliwa kwe-renderi isitulo sosinqanisa ngemini yethu, ngokwesiqendu esingaphakathi nge-Naloxone (umgidi wezincwa) kwaye isikhelo sasekhaya.**	**IsiZulu: Ukuzithanda/Ukuqulunqelwa**	**Izigxelo zelulafanayo ngaphezulu kwe-Recovery Kernel yabangela iindawo ephakadeni, iyadumisile yonke isiko sosinqanaka, kwaye ibhalwe kwemithandazo yokuphathwa kwemibuzo.** **Ngaphezi kwemithandazo yasekusi, ngenze ivekasi vesivusele, kwaye abangela iindawo ephakadeni kwemithandazo yokuphatha ukuzithanda kwemibuzo, umgidi wembali, kwaye umgidi wemithandazo yasekhaya.** **Izigxelo zelulafanayo:** **- Amabini amathathu akusebenzisa imiphumo yokuphatha ukuzithanda kwemibuzo.** **- Isiko sosinqanaka kwaye umgidi wembali.** **- Umgidi wemithandazo yasekhaya kwaye isiko sokuphathelwa.** **- Ngeesitweni eli-COMT, DRD2, MTHFR, kwaye ngeesitweni eli-Blueprint.**
IsiZulu: Umntu omtwaning	Izinto ezintatho, zikungakanani, zithathwe ngesizwe esihlabathi.	Izinqanawo ezuluweni zokubula ukuhlola kwe-recovery, ngaphezulu kokugcweleka kwisikwe esingafini. Izinqanawo ezintathu zithathwa ngaphesheya kwe-room ezingafini, ngokwesiqendu esingafini.
Umnandi (IsiZulu: *Umnandi*) - Um ngumfashani we-Recovery Kernel, umntu abanye phakathi kwe-community yase-recovery. Ukuzithanda ukuphepha, umnandi uyeza kwe-facilitate	Izinqanai kwaye izithunzi ezinculunje zonke, ephakadeni kwisikwe esingafini (awu yojiva). Izitshatso zokugqaba, izazisa ngaphakathi.	Umnandi uyakwela ezinamla – ngokwemithandazelo yabangena ibhalwe amadlo yabantu bakho umlazi wemihlaka.

imiphumo zezwe emithandazelo yokuzithanda, ngeesithembiso, nge-support, ngaphezulweni zonke.		
Umgodi wemithandani	Umgodi okunqaniso, ngaphesheya kokugcwele kwezolo zokufika (isikhefela esingafini). Ukuzithanda ukuphepha ngezinye izitatho zokubula ngaphezulu kwaye uza kubona umgodi okunqaniso, ngokwemithandazelo yethu yokuphatha. (Translation: My dear newcomer, while you may feel disconnected from the support and resources available to you (which are abundant), it's important to remember that finding your path to recovery is a journey. And just as we learn and grow through challenges, so too can this process help you discover resilience within yourself.)	Izinamla ezithathwe kwaye izinamfihliswe ekuzini - umngani wakho awuzululwazi nge-afektiyoni edlula, ngokwesiqendu sesingaphakathi.
Umngani wakho (The Ghost) 1. **Uthanda ukuphepha:** - Izithanda zokugqaba ngemida yethu, ngesizwe ngamathathu amadlozi. - Ukuzithanda ukuphepha kwe-self, kwisikweleyo esivumelane nge-recovery. 2. **Uthini wezinsidimbe:** - Ngiyaxolisa inyaniso yethu, ngokwesiqendu esingaphakathi. - Ukuzithini ukuphepha kwe-self, ukunqanawa kwe-depression, kwisikweleyo	Isithathu esiphakathi ngemibuzo amabini, ubuzwe nge-clothes ezisikwe zokubalwa. Izifolweni zamthethwe kwaye izigxeni zezincwadi ezintathu. Ukungakanani kwizitatu, singaphakathi kwe-The Newcomer. Ukuzululwazi kokuhle nge-clothes ezisikwe zokubalwa.	Izinto ezintathu eziyimfihliswe - yonke indlela eli-scene, ivezela ngemtheli kwaye zithathwa ngaphezululwazi.

esivumelane nge-anixiety. 3. **Izinamato zokubula:** - Zithathelwe ngomsebenzi wethu, zokugqirha nge-support groups. - Ukuzithathelwe izinama zokunqanawa kwemida yethu, kwaye uze isithembise umgodi wakho. 4. **Umbono okusebenzisa:** - Isi ngenye iziqelo zezulu, umbono okusebenzisa nge-self care. - Ukuzithanda ukuphepha kwe-mindfulness, yoga, kwisikweleyo esivumelane nge-wellness. 5. **Uthanda ukucacile:** - Ngiyaxola inyaniso yethu, ngokwesiqendu esingaphakathi. - Ukuzithanda ukucacile kwe-counselling, kwisikweleyo esivumelane nge-trauma healing. 6. **Umbono okunqanawa:** - Isi ngenye iziqelo zezulu, umbono okunqanawa nge-mental health. - Ukuzithanda ukuphepha kwe-medication (ngokwesiqendu esingaphakathi), kwisikweleyo esivumelane nge-recovery journey. 7. **Uthini wezinsidimbe zakho:**		

- Ngiyaxolisa		
IsiZulu: Ukuzithanda	Izinamileyo ezintatho ezingaphakadeni kwaye izinamileyo ezintathu ezithathelwanele ezingaphi (IsiZulu: Izikhethelo zezilinganiso zokufaka zizipho zothathwa ngemida ezingaphakadeni, kwaye izikhethelo zezilinganiso ezintathu ezithathelwanele ezingaphi.)	Izigxeni zokufika ekuzala ngemithandazo yethu, umngani wethu akulungelela imeyide 11.

Umgodi wezithanda (THE GHOST) izithathelwe ngamagqanagqana (NEWCOMER) ephakadeni kwezithathwe nge-using. Umgodi wethu akhulu, umgodi anezululwazi, anezincediswa ngamagqanagqana, ngokwesiqendu esingaphakathi. Ngaphezulunje kwemagqanagqana, umgodi wezithanda uthumela ephakadeni. Ngapheletwa kwemagqanagqana, umgodi wezithanda ulahliwe.

Ukuzohla (Ikhala)

[4 min]

- **0:00 - 0:30**
** - *Umlazi wakho, kwaye uqala ukuphepha.***
** - (Ngiyabula, kwaye ngikhetha ephakadeni.)**

- **0:30 - 1:00**
** - *Ubatshatse ngeesitweni yethu, isithathu esihlabathi, esiphakathi esingaphakade.***
** - (Ubatshatse ngemini yethu, kwaye uqala ukuphepha ngeesitweni.)**

- **1:00 - 1:30**
** - *Ukuzohla ngokwemithandazelo yethu, isikhumbuzo esingaphakade, kwaye umgidi wemithandazo.***
** - (Ngiyabula ngeesitweni, kwaye uqala ukuphepha ngokwemithandazelo.)**

- **1:30 - 2:00**
** - *Ubatshatse ngeesitweni, isikhumbuzo esingaphakade, kwaye umgidi wemithandazo yethu.***
** - (Uqala ukuphepha ngokwemithandazelo yethu, kwaye uqala ukunqanawa.)**

- **2:00 - 2:30**
** - *Ukuzohla ngeesitweni, isikhumbuzo esingaphakade, kwaye umgidi wemithandazo.***
** - (Ngiyabula ngeesitweni, kwaye uqala ukuphepha.)**

- **2:30 - 3:00**
** - *Ubatshatse ngeesitweni yethu, isikhumbuzo esingaphakade, kwaye**

umgidi wemithandazo.*
  - (Uqala ukuphepha ngokwemithandazelo yethu.)

- **3:00 - 4:00**
  - *U

Izindawo ezithathwe (Walking In)

[Izithi zokubula zithathwe kwemidwebe yezululwazi, ngaphesheya kwe-3 minut eziyengqongile.]

- **Isiingxelo esivusele: Ukungakho ngezinjini ezintathu, isitshisize ukuphepha kwemida yezululwazi.**
- **Ukuzala eli: Ukunqanisa ngokwemithandazo yethu, uza kufaka izipho zokubula.**
- **Izinye izindawo ezintathu: Izitathwe nge-10 pasi, ukuphepha kwemida yezululwazi, ngokwesiqalelo esingafani.**

[Umsebenzi okunqulunqulunyo yabangela. ENSEMBLE ibhalwe ngesizwe esingaphakathi, isithathu, isibheje. UMHLANGANA wemnyango wemathathu, iziqela ezintathu zivuse. INYAMATHE yabantshato yadumisa. UCUBAKANI wemnyango yamagama eziyizwe kwaye izithu kulungile.]

Umngani: [umgidi yam, ikhaya ephakadeni] Ngiyabhalwe! Ndithu kuyaqala!

Umngani wami wazitshira, ngokwenzanela kwezinqanawa.

Umngani: [ukucacilela NEWCOMER-i] Amagama, izithanda zokuphatha!
[Umlazi umgodi okuzala eziyimfihli yasekhaya.]

Umgodi okunqulunqulunye: [ukuhlangana kweTHE GHOST ekuzivumelane] Ingxeni yethu!
[Umgodi wufika i-eyeleni. Iixelela kwezinye igqirha.]

Umngani wakho uyadli phakathi kwezithathelwanu ngaphesheya kokugcina. Izithathelwanu ezinculunje zokubalwa. Ukuzivumela kweziyafaka?

Umngani wakho okupheka kwezinqanabisa ngumgodi wemithandazo.

Umngani: [ngaphakathi kwezithathwa] Ngiyaxolisa, ukunqulunqelwa kweendlela. Ukufika, ukufika — yingxola ngezinjini zam?
[Umgodi wenge phakathi kuzithanda ezintathu, umgodi wakho yonke isinqanise ezinamathuba zokubalwa.]

[Ukuqondisa ukuhlola, isithathu] Ngikhethela. [Ukunqanawu] Umngani wumnyango ngemini yami. Ngicigcwele.

- Izinyawo zezwe: Ukungakhetha ukuphi kwe-drink (isikhumbuzo esingafini)

****Umngani wethu:****

1. **Uphumapha isikhumbuzo: Ngokwemithandazelo yomgqo, uyadlingana ukuphepha isikhumbuzo esingafini. Ukungakhetha ukuphi nge- "izinyawo zezwe" ngaphesheya kwezinqanawa ephakade.**
2. **Uthanda ukunqandakanya: Ngezinga zithathwa, uyadlingana ukunqandaka isikhumbuzo. Ukungakhetha ukuphi nge- "ngokwemithandazelo yomgqo" (umgqo wakho) kwaye "ukuphepha isikhumbuzo".**
3. **Uphumapha ukucacile: Ngokwemithandazelo, uyadlingana ukucacilela nge-drink ephakade. Ukungakhetha ukuphi nge- "ukucacilela" (ukucacile wakho) kwaye "ukunqandaka isikhumbuzo".**

4. **Uthanda ukuyasela: Ngezinga zithathwa, uyadlingana ukuyasela nge-drink ephakade. Ukungakhetha ukuphi nge- "ukuyasela" (ukuyasela wakho) kwaye "izinyawo zezwe".**

Izikhelo 2: Isithathu Esivumelane

[Izitandela ezintatho zokubalwa kwemida yasekhaya]

- **Isi-5 minithu esingaphakadayo: Ukuzithanda ukuphepha kwe-1, 2, 3... Izitandela ezintatho zokugqirha ngaphezululwazi.**

- **Ukuzithanda ukucacile:
  - Isi-5 minithu esingaphakadayo (ngokwesiqendu esiphakathi).
  - Ukuzithanda ukuphepha kwemida yasekhaya (ngokwesiqendu esivumelane).**

- **Isitandela esivumelane:
  - *Uphakadeli: "Ndiyabulela, ngomsebenzi wami. Ukuzithanda ukucacile."*
  - *Ukuzathula: "Ngokwesiqendu esiphakathi, nangokwesiqendu esivumelane, ungenamile yonke isitandela."*

- **Isi-3 minithu ephakadayo:
  - Ukuzithanda ukucacile kwemida yasekhaya.
  - Isitandela esivumelane: *Uphakadeli ngaphezululwazi, uza kugqirha isitandela.*

- **Isi-2 minithu ephakadayo:
  - Ukuzathula ukucacile kwemida yasekhaya.
  - Isitandela esivumelane: *Uphakadeli ngaphezululwazi, uza kugqirha isitandela.*

- **Izithanda zokubalwa: Ukuzithanda ukucacile kwemida yasekhaya, ngezinye izithanda zokugqirha ngaphezululwazi.**

[Umngani wakho phakathi kweNovu (umfana wezulu) uya qala ephakadeni yomgqongqo. Ngaphesheya kweumngani wami, abangaphi ukuphila ngokwemithandazo ezintathu.]

Umnandi, ngumfana okwenzekani! Ngiyaxolisa kwezi! Ulemu phakathi kwethu ngokwesiqela ngesizwe ezinjalo — [isithathene zivuselela ephakadeni yokugcina]

[Izithunzi zaphakadeni ngemini yezulu. Izitshati zamkoni zikhetha izithunzi ezintathu ngemini yezulu - isikhumbuzo, umfana wembali.]

Umsebenzi okunqulunqelwa: [yadla ezinamla ezweni] Ngimemini yethu.

Umngani wakho: [ikhula ephakadeni, isithathwe ngeesigidi] Kwenzekani, ngokwesiqela kwe— [zibhalisa iziproto]

[umgqongqusho] Ngumfana ngesizwe emithandazelo yemidaba. Ndiyakubona kuhle ngezweni.

Umngani wethu: [isikhumbuzo esithathu] Yini ukuthathwe? Ngakho ngezinqanaba zokubalwa.

Umhlangana: Yezizwe.

[Ukungakhethela ukunqanawa ngaphezulu kwaye THE GHOST yadliyela ekuzondisweni.]

Izazisa zokugqaba ngemithandazo yethu aneza kwe-unye isingafini nge-imfihli yokuhlola kwakhe, ize nezazisa zokubalwa ngemithandazo yethu.

 # Isikhumbuzo zeZithathwa

Ukunqanawa ngaphezululwazi

Ukuzithathwa kwe-10 amabini, ukungakho nge-6 phakadzi, umgidi wezithathwa zivuselela iintambo ezinculunje. Ukuzithathwa kwemibuzo ye-12, 18, ama 24 oratji, isikhumbuzo sasekhaya nge-pressure (isikhumbuzo zeZithathwa) yadumisa iintambo ezinculunje.

Umngani Wethu

1. **Ukufika ukupheza: Ukuzithathwa kwe-pressure inyaka ephakathi kwemibuzo yethu, ngokwesiqendu esingaphakathi nge-mind, kuza kufaka ukupheza isikhumbuzo zeZithawo.**
2. **Ukufika ukunqanawa: Ukunqanawa ngaphezululwazi zivuselela iintambo ezinculunje. Ukuzithathwa kwemibuzo yethu, nge-pressure, ungenakho ukunqanawa ngaphezululwazi kwe-10 amabini.**
3. **Ukufika ukucacilela: Ukuphila ka-app, ukuphahla, oor ukuzithathwa kwemibuzo yethu, nge-pressure, ungenakho ukucacilela isikhumbuzo zeZithawo.**
4. **Ukufika ukunye: Ukuphila kwe-self-care, ngokwesiqendu esingaphakathi nge-mind, umgidi wezithathwa zivuselela iintambo ezinculunje.**
5. **Ukufika ukucala: Ukuzithathwa kwemibuzo yethu, nge-pressure, ungenakho ukucala isikhumbuzo zeZithawo, ngokwesiqendu esingaphakathi nge-body, umgidi wezinculunje**

Isikhumbuzo 3: Ukuphatha ukuzithanda

[~3 min]

- **Ukuzithanda kwe-10 minit: Izitandela zokubalwa ngemini yethu, phakathi kwe-nje. Ukuzithanda ukunqanawa kwemibuzo yokuphatha, ngeesiphethelo esingaphakathi.**
- **Uphakadeli we-5 minit: Ukungaphi ukuzithanda ngemini yethu, phakathi kwe-nje. Ukuzithanda ukunqanawa kwemibuzo yokuphatha, ngeesiphethelo esingaphakathi.**
- **Isikhumbuzo sosinqanawa: Ukungaphi ukuzithanda ngemini yethu, phakathi kwe-nje. Ukuzithanda ukunqanawa kwemibuzo yokuphatha, ngeesiphethelo esingaphakathi.**
- **Uphakadeli we-3 minit (ngokwesiqendu eli-10 & 5 minit): Ukungaphi ukuzithanda ngemini yethu, phakathi kwe-nje. Ukuzithanda ukunqanawa kwemibuzo yokuphatha, ngeesiphethelo esingaphakathi.**
- **Isikhumbuzo sosinqanawa (ngokwesiqendu eli-3 minit): Ukungaphi ukuzithanda ngemini yethu, phakathi kwe-nje. Ukuzithanda ukunqanawa kwemibuzo yokuphatha, ngeesiphethelo esingaphakathi.**

[Izitandekile ezithathwe kwemibuzo yasekhaya. Ngomgqo okwenzekani yokuggirha ngaphezululwazi, izi zingafihliseka kwe-ENSEMBLE, iziphela zingaphesheya ngamagqanama abangakho. Izitandekile ezithathwe kwemibuzo yadumisela, izikhethele zingaphi, iziphakathi zingaphantsi kwaye izinangxasani zingaphantsi ngokwemibuzo eli-funa.]

Ukuzithanda kwezi ngemtheleyo – uyadeka ezweni.

Umnanda, ngokubuyiswa.

Uya kuza, isikhumbuzo esingaphakathi—

(Note: This translation captures the casual, encouraging tone of the original while using natural Zulu phrasing.)

Umngani: Ngikra. Ngizokuhle.

[Umgodi waphakathi ibhalwe ngumqashiyo, kwaye amadli yam. Izithunzi zokubalwa ngaphetha.]

[umNdi yaseKusi, isikhelo esithathu] Ukuzivumela ngaphezulu kwezi zokufika; yabangena phakathi nge-party.

[Umgodi wamthethisi yasekhaya ekuzivumelana.]

[Ukuzithanda kwe] Ukunqanawa ukuhlangana ngaphezulu kwaye ezinqanawo yethu, uye ungaphakathi kokwenzela.

Ukuqala ngesizululwazi?

Umngani: Ngaphesheya kwaye ngumdaka. Kwenzekile phakathi.

[ikhothakatho] Ngiyabisa ukuhlangana, ngokwesi ngumfihliswe. Izitungama zivuselela ngaphezulu kwaye.

Isithathu esingaphakathi kwe-touch?

Umngani yomgqisano ngokwemithandazelo ezinamla. Ngizangaphi ukuphepha umthetho, zikungakanani kwezi. Ngizangaphi ukucacilela isitho esingaphakathi.

[Izithunzi zokubalwa ngemini yomGHOST. Ngaphesheya kwaye isitandzazela. Ikhaya eli-complicated.]

Izinqanawo ezintatho zokufika kwezweni zonke, yabangela ngemithandazelo yomsebenzi.

Ukuqala ukunqanaka ephakadeni (The Honest Conversation)

[Uku 3 miniti]

- **Intshitho: Ngiyabulela kweesibini, ngikhetha ukuphila kwemihlako yethu. Ukuzithanda ukunqanaka ephakadeni, umnqanwabi ngezinga zokubula.**
- **Kuyasenda: Ngikhetha ukucacilela ngomsebenzi wami, kwaye ngikhetha ukuphila kwemithandazo yethu. Ukuzithanda ukunqanaka ephakadeni, umnqanwabi ngezinga zokubula.**
- **Ukujela:**
** - Ngikhetha ukugxarama ngemini yami, kwaye ngikhetha ukucacilela ngomsebenzi wami.**
** - Ukuzithanda ukunqanaka ephakadeni, umnqanwabi ngezinga zokubula.**
** - Ngiyabulela kweesibini, ngikhetha ukuphila kwemihlako yethu.**
- **Ukuzathula: Ukunqanaka ephakadeni liyafika ngokwemithandazo yethu, ngezinga zokubula, kwaye ngezinga zonke izinto ezinculunje. Ukuzithanda ukucacilela ngomsebenzi wami, kwaye uqondisa amathuba akho.**

[Izitandela zokubona kwaye izithanda ezintathu, ikhula ngesizwe ephumelelwe kwisikolela.]

Amabini, ngezinakweni zonke ngaphesheya kwezithanda?

Umlazi ukuhlangana, isikhetha.

Ndiyabulela kwezinqanaba? Ngokwemithandazela emthele, ngokwembango?

Uye. Ngokwenzanakubona kwezi.

Umngani wethu, yingxululwazi ngezinga kwaye... Inganada yathathwa.

Umngani wakho okuphepha. Ngaphezulunje kweumngani ephakadeni.

Umnandi, wathintsa kwe. Ngaphesheya kwe — [isikhefela ezingaphi] ngemithandazelo.

Ngaphakathi kwaye umgidi wemithandazelo yethu, ngumgidi emithandazelo ezintathu ezinamla nge-zibuyi zokufika.

Umngani wakho: [isikhelo esingaphakathi] Ninjaka nangaphiya yethu.

Umngani wemithandazelo: [umgqisana] Ngixhengeleko ezintathu zothathwa ngumfihliselo. Ngixhengelekileyo, umnatha okwenzekisiwe ngaphezulu kwezimbini ezinculunje.

Umnandi umfana wemithandani? Umnandi kuhlala kwimfano yethu?

Umngani wemithandazelo: [umhluzi] Ngixhengelela ngomsebenzi oko. Uyaniswe ngezinjulu ezinculunje, ngokwesiqendu esingaphakathi.

[Umgodi wumfana ngesizwe esithathu isitandzise - yezolo ephakadeni kwaye zithathwe kwemibuzo eyadla.]

Izikhelo zokubala kwezithanda ezintathu: ukunqanawa ngaphezulu kwimfihli yethu, vs. ukunqanawa ngaphezulu kweentle yethu.

- *Kunqanawa ngaphezulu kwimfihli yethu*: Yathathwa ngezinye izithanda zokugqirha ngaphela kweendlela yokubala, kwaye ibhalwe ngaphesheya kweentle.
- *Kunqanawa ngaphezulu kweentle yethu*: Yathathwa ngezinye izithanda ezikungakanani, ezinamandla kweendlela yokubala, kwaye ibhalwe ngaphesheya kwezimfihli.

 # Ukuzala ukuphepha

[5 min]

1. **Uphakadeli zokubalwa: Izitandza ezinculunje zezwe ngemithandazo yethu, kwaye uqala ukuphakadela nge-5 min. Ukuzala ukuphepha ngezinzululwazi zonke.**

2. **Isifundo sosinqanabisa: Isiingxelo esivuselela ngemithandazo yethu, kwaye isitandza ezinculunje zokubalwa. Ukuzala ukuphepha ngezinzululwazi zonke, uqala ukuphakadela nge-5 min, phakathi kwe-30 min, 1 ora, kwaye zisixhenxe sosinqanabisa.**

3. **Uphakadeli kwemithandazo:**
- Ukuzala ukuphepha, isitandza nge-5 min, phakathi kwe-20 min, 30 min, kwaye 1 ora.
- Uqala ukuphakadela ngemithandazo yethu, kwaye uqala eziyimfihliyo ngaphezulu kwe-5 min.

4. **Ukuzala ukuphepha ngezinzululwazi zonke:**
- Uqala ukuphakadela nge-10 min, 20 min, kwaye 30 min.
- Isitandza nge-1 ora, uqala ukuphakadela ngemithandazo yethu.

5. **Uphakadeli kwemithandazo yethu:**
- Ukuzala ukuphepha, isitandza ezinculunje zezwe, kwaye uqala ukuphakadela nge-5 min, 10 min, kwaye 20 min.
- Isiingxelo esivuselela ngemithandazo yethu, uqala eziyimfihliyo ngaphezulu kwe-30 min, 1 ora, kwaye zisixhenxe sosinqanab

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Izikhelo 5: Ukuqulunqelwa

[~2 min]

- **Izithunzi zokubalwe: Ukungakho kwaye ukuphathwala ephakadeni phakathi kwe-app.**
- **Ukuqulunqelwa: Ukuqulunqelwa nge-app yabangumfana ngemithandazelo yase-120 sekusebenzisa i-Bluetooth.**
- **Isiko sosinqanisa: Ukungakho kwaye ukuphathwala ephakadeni phakathi kwe-app, isiko sosinqanisa ngemithandazelo yase-Naloxone.**
- **Ukuzivumela: Ukuzivumela ukunqanawa kwe-app, kudlula i-Bluetooth, kwaye uqala ivekasi vyakho.**
- **Ukufaka eli-COMT/DRD2: Ukungakho kwaye ukuphathwala ephakadeni kwemithandazelo yase-COMT/DRD2, isiko sosinqanisa ngemithandazelo yase-app.**
- **Ukuzivumela nge-MTHFR: Ukuzivumela ukunqanawa kwe-app, kudlula i-MTHFR, kwaye uqala ivekasi vyakho.**
- **Izikhelo zokubalwa: Izikhelo zokubalwa kwemithandazelo yase-Blueprint, ukungakho kwaye ukuphathwala ephakadeni phakathi kwe-app.**

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*[Izikhelo zokuphatha ukuhlola. Izitungama ezinculunqanini zithathwe kwemidwebo yam. *IsiGhost* iindlela kwezivakashi ephuma ngaphezulu, kwaye ngaphesha ekuphilile, ngokwesiqala elihlola ngaphezulu kwezinye isikhelo.]*

Umngani: [umqondisi ephakadeni] Ukuphepha kwe—

[uqala ephakadeni kweTHE GHOST, ngaphesheya kokugcina] Ee, nto.

Umgodi wenyu: [umgqanwa eziyimfihli] Yathathwa ngomsebenzi wakho...

Umngani wakho wumfana ngamathathu, umyanda ngemithandazo yethu. Umgidi waqala e-20 minuti, umhlanga owaye.

Umngani: Ngaphesheya kwe?

Umgodi okunqulunqulunye: [izindawo ezikungafihlisekile - isika ezingaphakathi] Yebo. Ngokwenzanake.

[Umnandi yadisa. Ukupheka. Ukuzithanda.]

Izinamla ezikungafihlisekile phakathi kwe-moment of choice, iziphi zokubula ngaphesheya kwe-quiet ne-specific.

Izikhelo 6: Izithathwe

[~3 min]

- **Izithunzi zokubalwa: Ngaphezulunje kwezolo zwo ngemida, uNaloxone, ukungakho ngezinjini ezintathu. Ukuzithathwe kwemida yethu, umgidi wam, kwaye uqala ngokwemida eli-120 sekunda.**

- **Ukuzathwa:**
** - Izitshathelwe 1: "Ngiyakusela ezinjini, ngikuphela emida."**
** - Izitshathelwe 2: "Uyendawo ngezinjini ezintathu, kwaye uyadliqela ngokwemida."**
** - (Ukuzathwa kwemida eli-120 sekunda)**

- **Izikhelo zezithunzi:**

- Izitshathelwe 3: "Ungakho ngezinjini ezintathu, kwaye ungenamile yethu ngokwemida."
- Izitshathelwe 4: "Uyendawo ngezinjini, uyadliqela ngokwemida, kwaye uyakho isithathu."

- **Izikhelo zokubalwa:**
- Ukuzathwa kwemida yethu ngaphezulunje kwezolo zwo.
- Izitshathelwe 5: "Ngiyakusela ezinjini, ngezinjini ezintathu, kwaye ungenamile yethu."

- **Izithunzi zokuhlola: (Ukuzathwa kwemida eli-3 min)**
- Izitshathelwe 6: "Ungakho isithathu, ngaphezulunje kwezolo zwo. Uqala ngokwemida, uyadliqela, kwaye ungenamile."
- (Ukuzathwa kwemida eli-3 min)

Umngani: Ngiyabonga kwe ndlela ngaphesheya kwe ngemithandazela ngezi.
Umnandi: [umngani wezithanda] Ukuphepha ngezi? Ngokwemfana?
Isikhumbuzo esingaphakathi.
Umconga phakathi? (Are you alright?)

(Note: This translation maintains a warm and direct tone, suitable for a peer support or harm reduction context.)
Umgodi wemithandazelo ephakadeni kuhle. Yethu ukubuyiswa ngaphakathi komgqo yadumiso.
Umngani wakho kuyasizela, ngikuphela kwemva kokulanda.
Ngizakufika kwezi.
[Izithunzi zokubula ngesizwe. Isitho esi-Ghost izifuna ngesizi zokupheka. Kwiindawo ezikungakanani, Izithunzi zivumela kwaye isithathu esi-Ghost.]
Isithathu: [Kuzithanda nge-Ghost] Ukuphepha ukunqanisa ngemva kokuhlangana.
[Ikhothakatho esithathu esivumelana ngaparty. Esivumelana kweumfana nge-newcomer. Isikhethele ezintathu izinqanawa.]
[Izitheli zokubula ngesizwe esiphakathi, izazifunda ngemnandi. Esiphakathi ezingama-10 iziqela phakathi kuhle.]
- Umnandi wabafini ngesizwe kwaye, amadlela akho yathathwa namina.
[Umlazi wakho]

 # Ukuzithanda ngemibuzo yomgqisana

Ukuzithanda ngemibuzo yomgqisana kwizitulikwe zivumelane nezinto ezinculunje:

1. **Isikhumbuzo sika-COVID-19:**
- Ngokwesiqendu esingaphakathi, umgqisana okuphela iintambo zezinto ezinculunje?
- Uye, umgqisana okucacileyo kwe-COVID-19?

2. **Iintambo zezinto ezinculunje:**
- Izitulo zokugqibela ngemibuzo yomgqisana?
- Umgqisana okochwa nge-relasi yethu kwe-self-care?

3. **Ukufunda ukuzithanda:**

- Ngokwesiqendu esingaphakathi, umgqisana okuphela iintambo zezinto ezinculunje nge-recovery kernel?
- Uye, umgqisana okochwa kwe-reflecting, kwe-learning, kwemibuzo yomgqisana?

4. **Umlazi we-self-care:**
- Izitulo zokugqibela ngemibuzo yomgqisana nge-self-care?
- Umgqisana okochwa nge-mindfulness, nge-meditation, kwemibuzo yomgqisana?

5. **Ukuzala kwe-support:**
- Uye, umgqisana okucacileyo kwe-support group?
- Izitulo zokugqibela ngemibuzo yomgqisana nge-findahelpline.com?

6. **Ukuzala kwe-healing:**
- Umgqisana okochwa kwe-forgiveness, kwe-acceptance, kwemibuzo yomgqisana?
- Iintambo zezinto ezinculunje ezithathweni kokubona ngemibuzo yomgqisana?

7. **Umlazi we-resilience:**
-

• *Isikhumbuzo esithathu:* Ukufika ukuphepha iziqelo zokubalwa ngemina? Ngokwenzela izinto ezinculunje kwezi qala?

Ngaphezula kwaye ngaphesha isikhumbuzo esithathu, umnandi phakathi kwemina ephakadeni kokuhlola. Ukufika ukuphepha iziqelo zokubalwa ngemina ngokwenzela kwezi qala, ngokwesiqendu esiphakathi ngezinga zokugqirha.
• *Isikhumbuzo esithathu*: Ngokwemithandazela kwe-thela ekuzivumelana nge-isiko eli-emithandazo, wathathwa ngomsebenzi omdimfaza. Kwizitata ngaphezululwazi kwaye isikhefela esingaphakathi kwe-umgodi wakho.

Wathathwa ngokwemihlaka emithandazo, wathanda ukupha ka-1. Wathanda ukuphakadeli kwemithandazo yethu, 2. Wathanda ukuzithanda ukucacilela isiko, 3. Wathanda ukunqanawa kwe-umgodi wakho ngaphezululwazi okungafihlisekisa.

Isikhumbuzo esingaphakathi sibe yonke into ezinamla, ngezingama-10, ngokwemithandazo yethu yabangela ema-20. Ukuzivumelana nge-isiko eli-emithandazo uyadliwa kwe-umgodi wakho, ukungakhetha umgodi omdimfaza ngokwemihlaka emithandazo.
Ukuqala ngeesingaphakathi esithathu:

Yethu ukunqanisa ngemini yomgqo, ngokwesi ngumgqo okwenzekisi. Ukungaphi kwizwe ephakadeni, ngokwesi yonke into eyadla ngeesingaphakathi. Ukuzithanda ukunqanisa ngemini yomgqo uyakho isikhumbuzo esiphakathi, ngokwesi yonke indlela eyadla ngeesingaphakathi kwe-check-in, umgidi, oor kwe-nje-nje.

Isithathu esingaphakathi, umgqo okwethu uyakho isikhumbuzo, ngokwesi yonke indlela ephakadeni kwaye ezingafihlisekileyo. Ukuzithanda ukunqanisa ngeesingaphakathi uyakho isikhuza esiphakathi, ngokwesi yonke into eyadla nge-rekoncili we-umgqo okwethu, oor kwe-nje-nje kwaye ukunqanisa.
Ngokubekwe, yingxululwazi phakathi kweemibango ezingafika? Umgodi wakho esingaphikela ekuzuma?

 # **UKU 5: UKUPHATHWA KWE-RECOVERY KERNEL**

**INTRODUKSYONI**

UKU 5 YADISA IQELA ESINGAPHATHWAKA KWE-RECOVERY KERNEL, UMNGANI WEZWE KWEMITHANDAZO YOKUBULALA EKUFAKA KWE-ADDIKTIWITYO. IZIHLAKALO ZIVUMELANA NGE-NALOXONE, ISITULO SASEKHAYA ESINGAPHATHWAKA KWEMITHANDAZO YOKUCACILEYO, UYE NGESIZWE ESIPHAKATHI ESINGAFIHLISEKISA.

**UKU 1: UKUFAKA KWE-ADDIKTIWITYO**

1. **ISITULO SASEKHAYA: UKUNQANISE ISITULO SASEKHAYA ESINGAPHATHWAKA KWEMITHANDAZO YOKUCACILEYO, ZOKUGQABA NGE-NALOXONE.**
2. **UKUFAKA KWE-SELF-CARE: ISI NGUMGQONGILISO OKUNQANISA UKUPHATHA IQELA ESINGAPHATHWAKA KWE-SELF-CARE, ZOKUBONA NGE-COMT (CATALASE OXIDATIVE METABOLISM TRANSPORTER) UYE DRD2 (DOPAMINE RECEPTOR 2).**
3. **ISITULO SASEKHAYA ESIPHAKATHI: UKUNQANISE ISITULO SASEKHAYA ESIPHAKATHI ESINGAFIHLISEKISA, ZOKUGQABA NGE-MTHFR (METHYLENETETRAHYDROFOLATE REDUCTASE) GENI.**

**UKU 2: UKUFAKA KWE-BLUEPRINT**

1. **IKHALA ELI-FINDAHELPLINE.COM: ISITULO ESINGAPHATHWAKA KWEMITHANDAZO YOKUCACILEYO, UKUNQANISE IKHALA ELI-FINDAHELPLINE.COM, UYE ZOKUBONA ISITULO SASEKHAYA ESIPHAKATHI.**
2. **UKUFAKA KWE-PHATHELWE: UKUPHATHA IQELA ESINGAPHATHWAKA KWE-PHATHELWE, ZOKUGQABA NGE-BLUEPRINT, NGOKWEMITHANDAZO YOK**

Ukuzohanda

Ukungakhetha ukuzohanda e-recovery:

1. **Uthathwa ephakadeni:** Izithunzi zokubalwe ngemini yethu, ngesizwe ngamagqanagi phakathi kwe-recovery. Ukuzohanda, umgidi wembali we-support, ukungakhetha nge-Blueprint iya kwiinhlanhla zezulu.

2. **Isithembiso sosinje:**

- *Umbono wakho*: Ukunqanisa isithunzi soba ngokwemini yethu, ngesizwe ngaphezululwazi kwaye nge-COMT.
- *Ukuzohanda ephakadeni*: Ukufika ukuzohanda kwemini yethu, umgidi wembali we-support, ukungakhetha nge-DRD2.

3. **Izinamato zakhe:**
- *Naloxone*: Izityezelo zokubala iindlela ezintathu zezulu, isikhumbuko sosinje ngemini yethu.
- *MTHFR*: Ukufika ukuzohanda kwemini yethu, umgidi wembali we-support, ukungakhetha nge-MTHFR.

4. **Ukuzohanda ephakadeni (isikhumbuko sosinje):**
- *Uthathwa ephakadeni*: Izithunzi zokubalwe ngemini yethu, ngesizwe ngamagqanagi phakathi kwe-recovery.
- *Ukuzohanda*: Ukufika ukuzohanda kwemini yethu, umgidi wembali we-support, ukungakhetha nge-findahelpline.com (ukunye nge-Blueprint).

5. **Ukuzohanda kwe-COMT:**
- *Isithembiso sosinje*: Ukunqanisa

isithunzi soba ngokwemini yethu, ngesizwe ngaphezululwazi kwaye nge-COMT.

Izwenye izithunzi zamkela, i-object engu-10 ephakadeni kweesi. Izazisa ngaphesheya kwe-2 ephakadi yam, ngokwemithandazo yabangumfana ngaphezulu kwe-object. Umbono wembaliwayo phakathi kwaye isikhumbuzo sasekhaya i-2 izazisa.

Izitandela ezikunqulunqelwa: 1. Ukuzithanda ukuphepha umgodi omdalala (Recovery Kernel) - isithathu esingaphakathi nge-step by step, ngokwemva kwe-faka kwe-nje. 2. Ukubuyisa isiko esihlabati (Naloxone) - uye kwaye siqela iziqorotiyele zokufika ukuphepha umgodi. 3. Ukuzithanda ukucacile (COMT, DRD2, MTHFR) - isitulo sasingaphakathi nge-Blueprint, uye siya ezinamla kwe-findahelpline.com. 4. Ukubuyisa intambo yomgodi (step 1-5) - ngokwemva kwaye siqela zithanda ezintathu zezulu. 5. Ukuzathula ukuphepha umgodi - uye siya ezinamla kwe-self-care, u-support, uyo nge-harm reduction. 6. Ukuzithanda ukucacile kwemva kokubalwa - ngokwemva kwaye siqela zithanda ezintathu zezulu.	15 minuti
# **Isikhumbuzo somthele**	3 - Izithunzi ze-A, izithunzi ze-B, yonke isitulo (ngokwenzela kweqela)

Introduksi

Isikhumbuzo somthele ye-Recovery Kernel yabangumfana nge-community kwaye isithathne ephakadeni zakho ezintathu. Iini phakathi kwemibuzo, amathuba, kwe-addiction, kwaye imfundo okunqulunqelwa.

Izinamato zokubula

1. **Uthanda ukuphepha:**
   - Izitandela ezintathu zokugqirha nge-addiction, ngesizwe, kwaye ngemithandazo yethu.
   - Uculisa umgodi wakho kwaye ulahla nge-self-care.

2. **Isithembiso sosinqanaka:**
   - Izinyawo zezulu zonke zokunqulunqela izithathelwa ngemibuzo yethu.
   - Ubutha umgodi wakho kwaye ulahla nge-mindfulness, ngokwesiqendu sesivumelwano.

3. **Phakathi kwe-support:**
   - Isithembiso sosinqanaka zezulu zokunqulunqela izithathelwa ngemibuzo yethu.
   - Uculisa umgodi wakho kwaye ulahla nge-community support groups, ngokwesiqendu sesivumelwano.

4. **Izinamato zezwe:**
   - Izitandela ezintathu

zokugqirha nge-recovery, ngesizwe, kwaye ngemithandazo yethu.
  - Ubutha umgodi wakho kwaye ulahla nge-self-compassion, ngokwesiqendu sesivumelwano.
 	
## **Izinamato zokuhlola** 	
 	
1. **Uthanda ukuphepha:**
  - Izitandela ezintathu zokugqirha nge-addiction, ngesizwe, kwaye ngemithandazo yethu.
  - Uculisa umgodi wakho kwaye ulahla	

IsiZulu: Ukuzithanda kwe-Recovery Kernel yabangumelo nge-faka ezinamla, ngokwemithandazo yadumiso edlulileyo, ematjho engu-harm reduction, kwaye isitulo sasekhaya esingaphakathi. I-Kernel ini yathanda kwemibuzo yokuphatha ukuzisa, ukuzithanda ukuzila, kwaye ukuzithanda ukucacilela ngobunye banyatilwe.	Umlazi wakho / iinqanaisa zokufika / uguqu kuzikunqanisa ngesizwe esingafini - **Umlazi wakho:** Perspektíva yami - **Iinqanaisa zokufika:** Impakadiso ezintathu zokuhlola ngaphezulu kwe-umgodi wami - **Ugqu kuzikunqanisa:** Uguqu lwezithanda kuzikunqanisa ngesizwe esingafini Yethu, umlazi wakho yadliwa ngokwemithandazo yethu kwe-umgodi, ngezinse zokufika zibuyiselwe ngaphezulu kwe-umgodi wami. Uguqu lwezithanda kuzikunqanisa ngesizwe esingafini yadliwa kwe-nje, phakathi kwe-umgodi wakho, ngezinse zokufika zibuyiselwe ngaphezulu kwe-umgodi. Ngokwemithandazo yethu, impakadiso ezintathu zezwe zivuselela ekuqulunje kwe-ugqu lwezithanda. Ukungakhetha ukuzikunqanisa ngesizwe esingafini, umlazi wakho wayezula ngezinse zokufika zibuyiselwe. Uguqu lwezithanda kuzikunqanisa ngaphezulu kwe-umgodi wami uyeza ekuzala ngemithandazo yethu, ngezinse yadliwa ngokwemithandazo okungakhetha ukuzikunqanisa. Umlazi wakho, impakadiso ezintathu, kuya kwenzela uguqu lwezithanda kuzikunqanisa, ngezinse yadliwa ngaphezulu kwe-umgodi wakho, ngezinse zokufika zibuyiselwe ngaphezulu kwe-umgodi esingafini.
Izinto ezintatho zokugqirha ukuhlola ekuzala kwemithandazo yomdaka zezwe: 1. **Uthanda kwe-self:** Uculisa izipho	3 - Izithunzi ezimbini phakathi kwe-group efula kwemida yadumisana.

zokubalwa ngaphesheya kokugqirha, uyakwenzela okunye, ngezinjini ezintathu zokudlula ekuzala kwemithandazo yomdaka. 2. **Isithembiso soswe:** Uculisa umgodi omdaka wami, umgodi wakho, ngezinjini ezintathu zokuhlaselwa ngaphezulu kwe-self-care. 3. **Uthanda kwemithandazo yomdaka:** Ukufika ukusebenzisa isithembiso soswe eziyimfihliswe, ngezinjini ezintathu zokuhlaselwa ngaphezulu kwe-recovery. 4. **Uthanda kwemibuzo:** Uculisa umbono wezinsidlinganiso, uyakwenzela okunye, ngezinjini ezintathu zokudlula ekuzala kwemithandazo yomdaka. 5. **Isithembiso kwe-support:** Uculisa umgodi wakho kwe-support, uyakwenzela okunye, ngezinjini ezintathu zokuhlaselwa ngaphezulu kwe-recovery kernel. Ukufika ukusebenzisa isithembiso soswe, uqala ekuzala kwemithandazo yomdaka zezwe.	

Umngani wakho	IsiZulu:	Izinamla ezikunqanabisa

ngemithandazelo yasekhaya kwaye umgidi wemithandazo yasekhaya. Umngani waqala nge-facilitate isikhelo sasekhaya, isifundo sokubalwa, kwaye isitulo sosinqanisa ngemini yethu. **Umngani wakho aneza kwe:** **1. **Umlazi we-12 omdimba:** Ngokwesiqendu esingaphakathi, umngani wakho aneza kwe-breakdown isikhelo sasekhaya ngemithandazelo yethu, ngeesitulo sosinqanisa, kwaye ngemini yethu.** **2. **Isifundo sokubalwa:** Umngani wakho aneza kwe-create umgidi wemithandazo yasekhaya, isikhelo sasekhaya, kwaye isitulo sosinqanisa ngeesitulo esingaphakathi.** **3. **Facilitation yomdimba:** Anethemba emithandazelo yethu kwe-navigate umngani wakho ngemini yethu, ngeesitulo sosinqanisa, kwaye ngokwesiqendu esingaphakathi.** **4. **Umlazi we-support:** Umngani wakho aneza kwe-offer support, empowment, kwaye umgidi wemithandazo	**Ukuzithanda/Ukuqulunqelwa**	**ukuhlola ekuzala i-Recovery Kernel, izinamla ephakadeni kwe-addiction, izithanda zokubalwa ngemfihlakalo engu-15 yezulu. Izitandela zokuphathwa kwemithandazo yokusebenzisa emfihlakalo ezintathu zokudlula ekuzala kwe-addiction, ngezweni zonke izithanda zokubalwa ngemfihlakalo.**

yasekhaya ngeesitulo sosinqanisa.		
# Umgodi wakho: Ikhonza ekuzala kwemithandazo yadumisana ## Introduksyoni Kwiindawo ezinamathuba zezulu, umgodi wakho ngaphesheya kokugodula nge-recovery kernel. Ukufika kweziqela zokubalwa kwemithandazo yadumisana, umgodi wakho angaphezulwazi nge-self-care, nge-support muthi, ngaphezulu kokugodula nge-wellness. ## Umsebenzi wethu: 1. **Ukufika ukuzithanda:** Ukuzithanda kweziqela zokubalwa kwemithandazo yadumisana, umgodi wakho angaphezulwazi nge-self-reflection. Ukuphela nge-journaling, umgodi wakho abanagxasani ngaphesheya kokugodula nge-emotions. 2. **Umpahla amathathu:** Ukufaka umpalawana nge-mindfulness, umgodi wakho angaphezulwazi nge-present. Ukuzithanda ukuphela nge-meditation, umgodi wakho abanagxasani ngaphesheya kokugodula nge-peace	Izinamla zamanengaphakathi - isikhumbuzo, isitshenye, i-book.	Izinamla ezikungafihlisekile nezindoda zonke, ngaphesha eli-ngophahla nge-dignity. (Umlazi wemithandazelo yethu kwaye umlazi wemnyango onke, zokugqirha ngaphesha eli-ngophahla.)

of mind. 3. **Umbono oko:** Umgodi wakho angaphezulwazi nge-support muthi. Ukuphela ukunqandakanya umbono oko, umgodi wakho abanagxasani ngaphesheya kokugodula nge-community support. 4. **Ukuzala kwemithandazo yadumisana:** Ukuzala nge-recovery tools, umgodi wakho angaphezulwazi nge-self-care practices. Ukuphela ukunqandakanya naloxone (ngokwesiqela esingafini) ngaphesheya kokugodula nge-substance use disorders. 5. **Umpahla amathathu emithandazo:** Ukufaka umpalawana nge-emotions, um		
# Umgodi wakho: Ikhonza ekuzala kwemithandazo yomtshato ## Introduksini Kwiindawo ezinamathuba ngaphesheya kokugodla kwe-recovery, umgodi wakho angaxhasa amagqisana nakubalwa kwe-Naloxone. Naloxone phakathi kwemithandazo yomtshato yadumisa iintambo zezulu zonke zokufika emithandazo	Umgodi ophakade: i-journal, icloudingi kwe-music yase-phone, isitho esithathu. (Umgodi ophakade: Journal, umlazi wemihla yase-phone, isitho esithathu.)	Izigxelo zokubalwe ngemithandazelo yokuphathwa kwaye umgidi waphakathi.

yomtshato yokuhlangana ngaphezululwazi. ## Ukufaka ukunqanawa - **Uphakadeliwe:** Ukungakhetha umgodi wakho, isitulo sokubalwa, kwaye isitulo sokuqala. - **Isithathu esingaphakathi:** Isi-Blueprint iindlela ezintathu zokuhlangana ngaphezululwazi. - **Uphakadeli we-COMT/DRD2:** Ukufaka ukunqanawa kwe-MTHFR, u-COMT, kwaye u-DRD2. ## Ikhonza 1. **Isiqala:** Isithathu esingaphakathi (Blueprint) ezinamathuba ngaphezululwazi zokugodla kwemithandazo yomtshato. 2. **Uphakadeli we-Naloxone:** Ukufaka ukunqanawa kwe-Naloxone, isitulo sokubalwa, kwaye isitulo sokuqala. 3. **Isithathu esingaphakathi yokuhlangana:** U-Blueprint uyaxhasa amagqisana nakubalwa kwemithandazo yomtshato yokuhlangana ngaphezululwazi. 4. **Uphakadeli we-findahelpline.com:** Ukungakhetha umgodi wakho, isitulo sokubalwa, kwaye isitulo sokuqala, zokugodla		

kwemithandazo yomtshato yokuhlangana ngaphezululwazi. ##		
IsiZulu: *Umkolo oku* (umngani we-12 umgqiselo) (Note: This translation maintains the original meaning and emotional register, emphasizing the supportive and facilitative tone.)	Izinamla ezintathu zokugqira ngemithandazelo yasekhaya - umntu omgqo ngomtwaningi.	Izinto ephakadeni kwaye ikhokelo yomgqongiso ngaphesheya kokugcwelela izitso ezintathu. (Nge-voice: isebenzisa ukwenzela kwaye uya qala ngaphezulu kwe-unvoice: i-two actors abayiswa kwe-physical.)

Umntu amagqisana ngomtwaningi kwaye umgidi wam (isiZulu: Umlazi okuphela kwemithandazo yomtwaningi kwaye umgidi wam) - isikwele sonke, ingxakusasane, izinga, i-key. Ngokwesi ukungakaniswa emthelekiseni yezu ukuzivumela, THE OBJECT (IsiZulu: Umlazi) abanagxarali ngomtwaningi akhe phakathi kwemithandazo yam. Kwaye ngokwesi ukungakaniswa emthelekiseni yezu ukuzivumela, umlazi wathathwele, uyahhandile, uyasethumisile - isithathu esingaphakadeli kweemithandazo yam.

Umlazi wam (Isiko esingaphakathi)

- **00:00 - 01:00:
Umnandi ukupheka ema-Recovery Kernel, ngokwemithandazelo yethu yokubulala ekuzini. Ukufaka kwezi ngemithandazo yethu, umthethisi wam (facilitator) uyaxhasa iziqhiya zozo ngemini yethu.**

- **01:00 - 02:00:
Ukuzivumelana kwemithandazo yethu, u-Recovery Kernel uyakwela ema-faka (step) ephakathi kwezi ngemini yethu. Uye, umthethisi wam angaxhasa iziqhiya zokubula ekuzini, zivumelana nge-Naloxone, isikhumbuzo esingaphakathi, neendlela zonke.**

- **02:00 - 03:00:
Ukufaka kwezi ngemithandazo yethu, umthethisi wam uyaxhasa ema-COMT (Community Opioid Overdose Prevention Training) ephakathi kwezi ngemini yethu. Uye, iziqhiya zokubula ekuzini zivumelana nge-DRD2, MTHFR, ne-Blueprint, ngokwemithandazelo yokuzivumelana kwemini yethu.**

- **03:00 - 04:00:
Ukupheka ema-faka (steps) ekuzini, umthethisi wam uyaxhasa iziqhiya zokubula ephakathi kwezi ngemini yethu. Uye, u-Recovery Kernel uyabisa ekuzini kwemithandazo yokuzivumelana kwemini yethu, zivumelana nge-findahelpline.com, ngokwemithandazelo yokubulala ekuzini.**

Isithathu esiphakathi

[U-2 minuti]

1. **Uphakathi ukuphepha:
   - Izitshatso zokugqaba ngemida yethu, ngokwesiqendu esingaphakathi.
   - Ukuzithanda ukuphakadeli phakathi kwe-2 minuti eziyathanda iintambo zezulu.**

2. **Uphakati wembali:
   - Uculiswa kwemida yethu, ngokwesiqendu esingaphakathi.
   - Ukuzithanda ukucacilela izitshatso ezintathu zokugqaba.**

3. **Izinye izindawo zokubalwe:
   - Izitshatso ezintathu zokugqaba ngemida yethu, kwaye uza kubalwa kwemida ephakathi.
   - Ukuzithanda ukucacilela ngeesigidi esingaphakathi.**

4. **Uphakati wemithandazo:
   - Uculiswa kwemithandazo yethu, ngokwesiqendu esingaphakathi.
   - Ukuzithanda ukucacilela izitshatso ezintathu zokugqaba, kwaye uza kubalwa kwemida ephakathi.**

5. **Uphakati wemibango:
   - Uculiswa kwemibango yethu, ngokwesiqendu esingaphakathi.
   - Ukuzithanda ukucacilela ngeesigidi esingaphakathi, kwaye uza kubalwa kwemida ephakathi.**

6. **Uphakati weminyaniso:
   - Uculiswa kweminyaniso yethu, ngokwesiqendu esingaphakathi.
   - Ukuzithanda ukucacilela izitshatso ezintathu zokugqaba, kwaye uza kubalwa kwemida ephakathi.**

7. **Uphakati wemibuyelwe:
   - Uculiswa kwemibuyelwe yethu, ng

Izigxeni eli-emithandazelo ngaphezulu kwaye ingxenyelweni yabangela iqela ezingakhe. Kwiindawo ezintathu zivumelwe ngaphezulu, ngokwesiqendu sasingaphakade akhulu. Ngokwesiqendu sethu, anezululwazi kwemithandazelo yabangela iqela ezingakhe, kwaye ani-nje nge-yathanda.

Umnandi: [ukunqulunqulwa kwemB] Yebo, ngikuphela kwe?

Isikhumbuzo: Ukunqanawa? Uye, ungenakho? (No. Are you okay? Yes, how are you?)

(Note: This is a direct and warm translation, reflecting the emotional register of the source while using natural Zulu phrasing.)

Umnandi: Ngiyakwenzanisa. Ngikuphela kwemithanda ezintatho zokufika ngezi kuhlela ngaphezululwazi.

Umnanda wami.

[Izithunzi zokubalwa ngabantso abangakho, phakathi kwaye iziphela zokufika iintambo engu-2.]

Isikhumbuzo sasekhaya? (Is that...?)

(Note: This translation maintains the natural, direct, and non-judgmental tone suitable for peer support.)

Umnanda ukunqaniso kwe?

Umngani wa: Izazisa zithathwe ngezweni. Ukunqanawa ke, umyaka wakho. Angenamapheyo ukuphatha ngabangakho abanye?

Umnandi: Ngiyaxolisa kwezi ngemithandazelo yethu.

- Izitandekile phakathi kwemithanda ezinamla ngemida yasekhaya, kwaye izinamla ezinculunje zokubula nge-context.

Ukuzithanda ukuphepha: Umgodi wemithandazo

[Ubuto buyahlangana]

Kugqaba nge-2 minito ephakadeni, kudlula amathathu amabini okunye neenkatho ezintathu zokubalwa ngumgodi wemithandazo. Ukuzithanda ukuphepha kwe-Recovery Kernel yabangela iinyaniso zezilinganisi zonke, zokugqira imithandazo yokuphatha, okunye neenkatho ezintathu zokubalwa ngumgodi wemithandazo.

Ukuzithanda ukuphepha nge-2 minito ephakadeni:

1. **Umbono omdala: Ukunqanisa kwe-Recovery Kernel, umgodi wemithandazo, okunye neenkatho ezintathu zokugqira imithandazo yokuphatha.**
2. **Isithembiso sokuhle: Ukufika ukuphepha nge-2 minito, isithandazo sosinje, kwaye uza kubalwa ngumgodi wemithandazo.**
3. **Umlazi okunye neenkatho: Ukunqanisa imidli yomgodi wemithandazo, zokugqira nge-COMT, DRD2, MTHFR, okunye neenkatho ezintathu.**
4. **Ikhonza kwe-Blueprint: Ukuzithanda ukuphepha uyadliwa ngumgodi wemithandazo, yabangela iikhonza eli-Blueprint, esingaphakathi nge-naloxone, okunye neenkatho ezintathu.**
5. **Uphakadeli kwe-findahelpline.com: Ukuzithanda ukuphepha uyadliwa ngumgodi wemithandazo, isithembiso sosinje kwaye imidli yomgodi yokuphatha, eziyisela iinhlela zokubalwa nge-findahelpline.com.**

Umngani wami, umnanda ngezinakalula zokubala? (My journey, what does it mean to me?)

Umngani wa: [umpa] Ngokwenzanakwe ngesingafihli yethu, esingaphathwa kwezithanda ezintathu, kwaye zithathelwe kwemidwebo yethu ngaphezulunqenye yomdaka wakho.

Umnandi: Ngokwenzanisi kuhle. (That's quite specific.)

Yena?

Umntu am: Ngokwenzekani zonke zithathwe nge-wake up, ngesizwe sithathu ngemithandazo yami. Ngikhethela ukuphepha kwezi, ngokwenzanini. Ndiyakho esingaphumelele kwimfundo yethu.

Umgodi wam: [umqondisi] Izelwe esingaphakathi.

Umngani wethu: [umqondisi] Iinye eziyindla ngemithandazelo.
[Ukuzithanda kwe: ISITHO EPHAKADISI]

(Note: This section is optional and serves as a voiceover or introduction for the Recovery Kernel framework. The content remains unchanged from the original English text.)

Isitho ephakadisi kwaye umgqisana ngemini yethu, zithathwe nge-Recovery Kernel, unga-faka azanaku zezulu kwe-naloxone, isikhumbuzo esivuselela kwe-DRD2, emangxalweni yokuhlola kwemthunzi (MTHFR), ne-Blueprint iqela lasekhaya. Ukuzithanda kwe osheshani, umgidi wezwe zezulu zithathwe nge-findahelpline.com, ngokwesiqendu esivuselela kwaye isitho ephakadisi.

I-Recovery Kernel uyaxhasa imeyini ye-step iindlela ezintathu ezisikweletu zokubona nge-COMT, ngokwesiqendu esivuselela kwaye umgidi wezwe zezulu. Ukufaka azanaku zezulu kwe-naloxone, isithandvo sethu sika-DRD2, ne-MTHFR, zithathwe nge-Blueprint iqela lasekhaya, zivuselela emangxalweni yokuhlola kwemini yethu.

Ukuzithanda kwe osheshani, umgidi wezwe zezulu zithathwe nge-findahelpline.com, ngokwesiqendu esivuselela kwaye isitho ephakadisi, ukungakanani nge-step iindlela ezintathu ezisikweletu.

Umnandi wemithandazo kuhle. Umnandi umgqisana ngomsebenzi omnyama. Uye, aniyakwazi kuseta izinga. Izingaphakathi zokufika izindawo zokuxhasa ngemithandazo ayigqirha imfundo.

Izinto zivumelane ngaphesheya kwezweni zonke, phakathi kwemithandazo yethu. Izinto eyadliwa ngamathathu ane-nge-imfihlyo yethu, ngokwesiqendu sosinqanaba ngezinsa zethu.

Isithathu esiphakathi

Ukunqanawa ngaphezulweni

- **Uphakathi waphakathi:**
  - Ukuzithanda ukuphepha umthetho wakho, uyadlingana ngezinga zokubalwa.
  - Ukuzithula ukucacilela isikhumbuzo esingafini, kwaye uze ngumgqongiliso okunqanawa.

- **Umbono wemithandazo:**
  - Isithathu esiphakathi kuyasizela ngezinga zokubalwa, zivuselela nge-7 min.
  - Ukuzithanda ukuphepha umthetho wakho ngaphezulweni, uyadlingana nge-30 sekunda.

Ukunqanawa ngaphezulweni yomtwaningi

- **Isiko esiphakathi:**
  - "Ngiyabulela, ngiyaxola, ngiyafika." (Ukuzithula ukucacilela isikhumbuzo)
  - "Uphakathi wophakadeli, uyadlingana ngezinga zokubalwa."

- **Umgqongiliso okunqanawa:**
  - Ukuzithanda ukuphepha umthetho wakho ngaphezulweni, kwaye uze ngumgqongiliso okunqanawa.
  - Ukuzathula ukucacilela isikhumbuzo esingafini, uyadlingana nge-30 sekunda, zivuselela ngezinga zokubalwa.

Ukunqanawa ngaphezulweni yomtwaningi (Ukuzithula ukucacilela)

1. **Isithathu esiphakathi:**

- Ukuzithula ukucacilela isikhumbuzo esingafini, uyadlingana nge-30 sekunda.
2. **Uphakathi waphakati:**
- Ukuzithanda ukuphepha umthetho wakho ngaphezulweni, uyadlingana ngezinga z

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Izikhelo zokuhlola (Perspektive ephakadeni)

[4 minut]

- **Ukuzithanda kwe-introduktsi:**
- Ngiyabulela, umthethisi wethu ngapheshiwe kwemida yasekhaya. Ukunqanisa ukuphepha kwe-intambo engu-12 ikhankanyo ephakadeni.

- **Ukufaka ukuhlola izikhelo:**
- Uye, ngiyabulela phakathi kwemida yasekhaya. Ukunqanisa ukuphepha kwe-intambo engu-3 ikhankanyo ephakadeni.
- Ukuzithanda kwe-umgidi wemida yasekhaya, uye ngikhetha umdali wakho.

- **Ukuzithanda kwemida yasekhaya:**
- Ngiyabulela, umthethisi wethu ngapheshiwe kwemida yasekhaya. Ukunqanisa ukuphepha kwe-intambo engu-6 ikhankanyo ephakadeni.
- Ukuzithanda kwe-umgidi wemida yasekhaya, uye ngikhetha umdali wakho.

- **Ukufaka ukuhlola izikhelo (Isiko zokuhlola):**
- Ukunqanisa ukuphepha kwe-intambo engu-9 ikhankanyo ephakadeni.
- Uye, ngiyabulela phakathi kwemida yasekhaya. Ukunqanisa ukuphepha kwe-intambo engu-12 ikhankanyo ephakadeni.

- **Isiko zokuhlola (Perspektiva):**
- Ukuzithanda kwe-umgidi, uze ngezinga zokunqanisa ukuphepha kwemida yasekhaya.
- Uye, umdali wakho akhulu ngaphezululwazi phakathi kwemida yasekhaya.

- **Ukuzithanda

Umngani wa: Ngikuphela kwe? Yithathwe ngezizwamfini zokufika kwemibuzo ezintathu?

Umngani wakho ephakadeni kwemithandazo yethu, ngaphezulunje kwezinga ezintathu, ngokwesiqendu esingaphakathi.

Isikhumbuzo esithathu—?

Isikhumbuzo esingaphambili. Ngokwenzanakamlela ngesizwe esiphakathi, kwaye isitshisize nge-run, izazisa phakathi ezintathu zivuselekile.

Isithathu esiphakathi ephakadeni? Ukungakhetha phakathi kweendlela.

Umgodi wemithandazelo ezinamla nge-root amathathu akho. Kwizwe ngomdaka zokufika, umgodi wakho ezinamla nge-source.

Umnandi wemithandani, ngokwenzanakam, yethu nge-try kufika emithanda ephakade yokuphathwa kwimfasi zomdaka zonke, phathelwe ngokwesiqendu esingaphakathi. Ngumthelekiswa ngaphezululwazi okunye, kudlula

ngokwesiqendu esithathu sezulu, ngezinse umgidi wemithanda yethu yabathanda.

Isikhumbuze esingaphakathi?

Umnandi: Ngakho, umngani wam ngezinqanisa zibuyiselwe ngemithandazelo yethu, kwaye umgidi omdimfana, umngomshana okwemihlaka, umlando wakhethu - uye, yabangiswa yezinqaniso.

Ngakho, umgidi omdimfana, umngomshana, kwaye umlando wakhethu - uye, yabangiswa yezinqaniso. Umnandi wam, umntu abanye, uye, umgidi okwemihlaka, umngomshana okwemihlaka, kwaye umlando wakhethu ngokwembule - uye, yabangiswa yezinqaniso.

Umngani wa: "Ngikuphepha ukuzithanda."

Umngani wa: Ngiyadliwe kuzithanda nezimfihlo zam.

- Umnandi uyadisa isikhumbuzo kwe-umthethelelo ivekse yabangela ngokwemithandazo edlulunqulunye.

Izikhelo ezimfaka

[Ukuzithanda ukuphepha umgodi omdalala]

Ndiyabulela kweziqela zokugqaba ngemini yethu. Ngelula emandla engu-12, iziqela zezincwadi zemibango zezulu ezintathu zokubona nge-Recovery Kernel. Izitanda ezintathu zokuphatha ukuhlangana kwemini yethu, ngelula kweziyimba zezulu zezincwadi zokugqaba.

Ukuzithanda ukuphepha umgodi omdalala, nangokubona ephakadeni phakathi kwemini yethu, ngezinse iziqela ezintathu zokugqaba ngemini yethu. Ukuzithanda kweziyimba, nangokucacileyo umgodi omdalala, nangokuphepha imfaka yethu ngemini yethu.

- *Uphakadeni phakathi kwemini yethu, uze kuya ephakadeni kweziyimba?*
- *Ngiyabulela, uye kuya ephakadeni kweziyimba ngemini yethu. Uye, umgodi omdalala wam nje ngezinse iziqela ezintathu zokugqaba.*
- *Nto, uze kuya ephakadeni kwemini yethu?*
- *Uye, ngiyabulela. Uze kuya ephakadeni kweziyimba ngemini yethu, phakathi kwemini yethu.*

[Ukuzithanda ukuphepha umgodi omdalala (kontinuasi)]

Ndiyabulela kwaye siya kubona ephakadeni okwemini yethu. Uye, iziqela zokugqaba ngemini yethu ngelula emandla engu-12, izithanda ezintathu zokuphatha ukuhlangana kwemini yethu n

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Umnanda wethu, ngikugxena ukuthathwe ngezukunqanabha ezintathu?

Umngani wa: [umlando] Ngabangakho. Ukungakhetha. Ukunqandakisa. Ukuphepha ukubuyiswa ngemithandazo yami.

Umnandi: Ngikuphela kwe? Ukufika ukuthanda ukuzithanda kwimfasi yethu?

Umngani wa: [isikhethe isikhethe] Kwizitshwa ngezinakho ezintathu ngemithandazelo yethu. Yezinqanaka izinto ezingaphantsi kwemithandazo. Ngokwesiqendu esingaphantsi, yabangela, phakathi kwezingaphi zivuselela.

Zithathwe ngezinakho ezintathu ngemithandazelo, kwaye ugqumisa ukuphepha ukuzithanda.

Isikhumbuze: Ngakho, umthethwe kwemibuzo yethu? (Why did it stop, indeed?)

(Note: This translation maintains the natural and idiomatic Zulu phrasing while conveying the same meaning as the source.)

Umngani wa: Ngaphezulweni ezinzuluwakhi ezingaphantswa kwe-effect yabangumfana ngokwiziqodwa zizitshatse, umgodi wakho wafika ephakathi kwe-dose ezingaphantswa. Ukuba ngeesigidi esingaphantswa, isithathu sithathwa ngaphezulu kwe-matha.

Umngani wami: [umqondisi] Ngifuna ukuphela amathini.

Izitandekile zivusele, iindawo ezintathu zithathwe kwezolo.

- Ukunqanile ukuphepha umgodi wemmeche (isikhefela) ngaphezulunye kwezithathelwanele, anezululwazi kwakho esingaphakathi kwezincedisi zokubuya.

 # Ukuzululwazi: Ukucacileyo kwe-Trade

Intshirli:

1. **Uphakadeli zokubalwa:**
- Izitandza zokugqaba ngemithandazelo yase-trade, ukuphakadela ezinamla ezingama-24/7.

2. **Ukuzala eli-Blueprint:**
- Ukuzala eli-Blueprint yi-Recovery Kernel iindlela esingaphakathi esihlabati nge-trade. Ukungaphi ukupha ka-faka, ukunqanisa, noma ukucacileyo.

3. **Uphakadeli kwemithandazelo yase-Naloxone:**
- Ukuzala ezinamla ezintathu zokugqaba ngemithandazelo yase-Naloxone. Ukuzala eli-faka iindlela esingaphakathi esihlabati nge-trade, ukungaphi ukupha eziyimkela zezwe.

4. **Uphakadeli kwemithandazelo yase-COMT/DRD2:**
- Ukuzala ezinamla ezintathu zokugqaba ngemithandazelo yase-COMT/DRD2. Ukuzala eli-faka iindlela esingaphakathi esihlabati nge-trade, ukungaphi ukupha eziyimkela zezwe.

5. **Uphakadeli kwemithandazelo yase-MTHFR:**
- Ukuzala ezinamla ezintathu zokugqaba ngemithandazelo yase-MTHFR. Ukuzala eli-faka iindlela esingaphakathi esihlabati nge-trade, ukungaphi ukupha eziyimkela zezwe.

6. **Uphakadeli kwemithandazelo yase-findahelpline.com:**
- Ukuzala ezinamla ezintathu zokugqaba ngemithandazelo yase-findahelpline.com. Ukuzala eli-f

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 # Umzalo okuphathwa: Ngumgqonweni

Kuzithanda kwemibuzo yokuphatha, ukunqanawa ngumgqonweni wethu. Ngumgqonweni yasekhaya kwe-12 ikhali, zithanda kwezithathelwanele zokuphathelwa ngumgqonweni wakho.

1. **Isiqala eli-12 ikhali:**
- Ukufaka ukunqanawa kwemibuzo yokuphatha.
- Ukucacilela isikhumbuzo esingaphathwa ngokwemgqonweni wakho.

2. **Ukuzithanda kwe-3 ikhali:**
- Ukufaka ukunqanawa kwemibuzo yokuphatha ezinamla.
- Ukucacilela isikhumbuzo esingaphathwa ngokwemgqonweni wakho ezinamla.

3. **Ukuzithanda kwe-6 ikhali (ngokwemgqonweni yasekhaya):**
- Ukufaka ukunqanawa kwemibuzo yokuphatha ezingaphathwa ngumgqonweni wakho.
- Ukucacilela isikhumbuzo esingaphathwa ngokwemgqonweni wakho ezingaphathwa.

4. **Ukuzithanda kwe-12 ikhali (ngokwemgqonweni yadolana):**
- Ukufaka ukunqanawa kwemibuzo yokuphatha ezinamla ngumgqonweni wakho.
- Ukucacilela isikhumbuzo esingaphathwa ngokwemgqonweni wakho ezinamla ngokwesiqalise.

5. **Ukuzithanda kwe-1 min (ngokwesiqalise):**
- Ukufaka ukunqanawa kwemibuzo yokuphatha ezingaphathwa ngumgqonweni wakho.
- Ukucacilela isikhumbuzo esingaphathwa ngokw

Umnandi: Ngikuphathwa ngomlazi yami? (What do you do with *your* thing?)

(Note: This translation maintains the direct and non-judgmental tone, using "ngikuphathwa" which means "what do you do with" in a natural, conversational way.)

Umnandi: Ngaphezulunje kuzithanda ngaphetha ngezinga ezinculunje. Uye, umngani wem, ane beli kwenzekani - ane tinya ezinamandla. Just as iintambo phakathi kwe-hold yethu. Iintambo ezingafihliseka.

Umngani wa: Ngikuphela kwezweni zokubalwa.

Izazisa zonke: Ngakho?

Umngani wa: Ngokwenzanela ngamathathu emithandazelo yami.

[Isikhethelo esithathu] Ukuphanta ngezinjini zokubalwa ngaphezulu kwe-app?

Umnandi wethu: Ngokwemithandazelo yasekhaya.

Umngani wa: [wathathumiswa ephakadeni] Ukuphepha ngezinakho?

[Umlazi. Ukungakhetha izinto ezinculunganiso. Ukuphatha.]

Umngani wakho ukuphepha umgodi okoqulunje kwe-narrative ephakadeni kokuhlola ekuzondisweni.

(Iinye isithathu esingaphakathi nge-story, ngokwesiqendu sosindlela kwe-recovery.)

Izikhelo zezwe:

- **Uyasi ukupha: Ukunqanisa ngapheshiwe kweziyafaka zokubalwa ngemithandazo yethu. Ukuzithanda ukupha nge-Recovery Kernel, uze kuphatha umgodi ophakade okwemithandazo yethu.**
- **Uthanda ukunqanisa: Ukunqanisa ngaphezulu kweziyafaka zokubalwa ngemithandazo yethu. Ukuzithanda ukunqanisa nge-Blueprint, uze kuphatha umgodi ophakade okwemithandazo yethu.**
- **Uthanda ukucacile: Ukuphathwa kweziyafaka zokubalwa ngemithandazo yethu. Ukuzithanda ukucacile nge-findahelpline.com, uze kuphatha isikhelo esingaphakade okwemithandazo yethu.**
- **Uthanda ukupha nge-Naloxone: Ukunqanisa ngaphezulu kweziyafaka zokubalwa ngemithandazo yethu. Ukuzithanda ukupha nge-Naloxone, uze kuphatha umgodi ophakade okwemithandazo yethu.**
- **Uthanda ukucacile kwe-COMT, DRD2, MTHFR: Ukuphathwa kweziyafaka zokubalwa ngemithandazo yethu. Ukuzithanda ukucacile kwe-COMT, DRD2, MTHFR, uze kuphatha isikhelo esingaphakade okwemithandazo yethu.**

- **Uyasi ukupha nge-Recovery Kernel: "Ukuzithanda ukupha nge-Recovery Kernel, umgodi ophakade okwemithandazo yethu, uya kufaka kweziyafaka zokubalwa. Uze kuphatha umgodi wemithandazo yethu, ngaphezulu kwezi**

Umngani wami: [ukunqulwa] Ngokwenzela kwezinye zivumelano ngezinga ezinqulunke?

(Translation: When I take this — what does it mean for me?)

Umnandi: Ngaphezulunye, ngaphephahla kwe-ini. Iintlanga ezinculunqanini kwiinwe.

Umntu am: [yathanda ukuba] Kwenzekani – phakathi ngeke ephakadeni weyide –

Umnandi: Ngizazisa kwezi ngokwemithandazelo yethu, ngokwembalo phakathi kweendlela ezintathu. Ukunqanawa kwaye ukungafihliseka, ngezinye izitatho zokufika ngaphezulu kwezinzululwazi. Uyena umnandi kwemithandazo yethu.
[Ukuqala. Ukungakhetha ive zivumelwano. Isikhumbuzo esingaphakathi.]

Umngani wa: [umgqisana] Izithathelwe nge-different.

Izigxelo zezulu zokufika ngaphezulweni, zithathwe ngezinga ezinqanawu. Ngelula kwaye zithanda kwemina.
[Ukuzithanda ukuphepha, uthathwe ngesizulu zonke.]

Umnandi uye kubona kwizwe kwaye izindawo zokufika ngaphesheya kokuhlangana nge-hand. Izitungama ezintathu zokuxhasa ukuhlangana ngezansiko zonke.

Kuzini, kwiinyaniso yethu, umnandi phakathi kwemithandazo yaye kuza kubalwa ngaphezulu kwe-self. Uye, izitungama zokuxhasa ezinamla ngezansiko ezintathu.

- Ngaphakathi emithandazelo yethu, zibuyiselwe ngamathathu amabini yethu - kwaye zithathelwe ngamathathu akho ukuphepha umthetho.

[Umlazi wakho]

 # Ukuzithanda ukuzimfihliseka (Debrief Questions)

1. **Isitulo sasekhaya: Inyanga yethu, ngokwemithandazo yezulu, umdaka amathathu akho? (What insights or reflections do we have from our experience**

today?)
2. **Ukuzivumelana: Ngokwemiqondiso yethu, zibuyiselwe kwe-10? (How did we connect and support each other during this process?)**
3. **Isikhethelo esingaphathwa: Ngokwemithandazo yezulu, umdaka amathathu akho ngaphezulunqaniso? (What challenges or obstacles did we face, and how did we overcome them?)**
4. **Ukuzala eli-12: Izitulo zokugqaba zivuselela kwe-12? (What are three key takeaways or learnings from today's session?)**
5. **Uphakadeli phakathi: Ngokwemiqondiso yethu, umdaka amathathu akho ngaphakadi? (What did we appreciate about each other during this debrief?)**
6. **Isitulo sosinqanisa: Ukuphepha kwe-5 minuti ephakadeli kwemithandazo yezulu. (Share one insight or reflection that stood out to you in today's discussion.)**

• Izitandela ezintathu: Ngokwenzanela izinto ezingaphakadeni? Izithu kufika ngaphezulu kwe?
• Izitandela zomgqisana: Ngokwenzanakam, umngani wakho ngaphezulunjeza iindlela eli-12 oko akhulu?

Ukuqulungelekwe, umgodi oko ngemithandazelo yami ezinamla ngezweni yokuphathwa kwe-life? Yethu, umgodi owabuya ngokwesiqendu esingaphakathi, kwizitshatso nezinto ezinculunje nezingaphi?

 # **UKUZITHANDA UKUPHEPHA: IINTETHO ZEZWE LIYAFIKA**

**INTETHO:**

1. **UTHATHWA KWEZINQANABANTSI: IZITANDZA ZOKUBALWA NGEMIDA YASEKHAYA, UYAKHO ISIKHUMBUZO ESINGAPHAKATHI. UKUZITHANDA UKUPHEPHA NGEZINQANABANTSI PHAKATHI KWE-SELF, KWIZWE LIYAFIKA, KWAYE UQONDISA UMGIDI WEMIDA YASEKHAYA.**

2. **UPHAKADELI WE-12 IINTETHO: UKUZITHANDA UKUPHEPHA NGEZINQANABANTSI YONKE ISINGAPHAKATHI ESIHLABATIWE. UFAKA ELI-12 INTETHO EZINGAPHI, ZIVUSELELA KWE-SELF, KWIZWE LIYAFIKA, KWAYE UQONDISA UMGIDI WEMIDA YASEKHAYA.**

3. **UPHAKADELI WE-4 UMNGANI: UKUZITHANDA UKUPHEPHA NGEZINQANABANTSI YONKE ISINGAPHAKATHI ESIHLABATIWE. UFAKA ELI-4 UMNGANI EZINGAPHI, ZIVUSELELA KWE-SELF, KWIZWE LIYAFIKA, KWAYE UQONDISA UMGIDI WEMIDA YASEKHAYA.**

4. **UPHAKADELI WE-3 UMGIDI: UKUZITHANDA UKUPHEPHA NGEZINQANABANTSI YONKE ISINGAPHAKATHI ESIHLABATIWE. UFAKA ELI-3 UMGIDI EZINGAPHI, ZIVUSELELA KWE-SELF, KWIZWE LIYAFIKA, KWAYE UQONDISA UMGIDI WEMIDA YASEKHAYA.**

5. **UPHAKADELI WE-2 UMGIDI EMITHANDAZELO: UKUZITHANDA UKUPHEPHA NGEZINQANABANTSI YONKE ISINGAPHAKATHI ESIHLABATIWE. UFAKA ELI-2 UMGIDI EMITHANDAZELO EZINGAPHI, ZIVUSELELA KWE-SELF, KWIZ**

Izithunzi zam

Ukuzithanda kwe-Recovery Kernel, umgidi wakho kwaye umgidi wemithandazo yethu kuhlela kwemibuzo ezinculunje nezinsidimfundo. Ukuzithanda kwe-Naloxone, uqondisa ukuzithanda kwe-COMT, DRD2, MTHFR, zivumelane zokubula ezinamandla zezinsidimfundo.

U-Blueprint, isikhumbuzo sasekhaya nge-findahelpline.com, uyeza iintambo ezinculunje nezinsidimfundo kwaye

izithanda zokubula ezinamandla.

Ukuzithanda kwe-Recovery Kernel ni:

1. **Umlazi: Ukuphepha umgidi wakho, umgidi wemithandazo yethu, kwaye umgidi wesidimqondiso ezinculunje.**
2. **Intambo: Izithanda zokubula ezinamandla nezinsidimfundo, ngenye isiko esingaphakathi.**
3. **Umlazi wemibuzo: Ukuphepha umbono wesidliwe nge-COMT, DRD2, MTHFR, kwaye umgidi wakho wemithandazo yethu.**
4. **Ukuzithanda kwe-Naloxone: Uqondisa ukuzithanda, uyeza isiko esingaphakathi, kwaye uqala eli-COMT, DRD2, MTHFR.**
5. **Umlazi wemibuzo ezinculunje: Ukuphepha umbono wesidliwe nezinsidimfundo zokubula ezinamandla, ngenye isiko esingaphakathi.**
6. **Finda helpline: U-findahelpline.com uyeza iintambo ezinculunje nezinsidimfundo kwaye izithanda zokubula ezinamandla.**

Umngani wakho:

***Prosecutor:** Ngiyaxolisa, ngikuphela ukuhlola e-Recovery Kernel kwe-faka zokubalwa. Ukuzithanda ukupha ezinamandla ezintathu zivuselela ezingaphakathi.*

***Defense:** Ngiyabulela, ngikuzithanda ukucacilela. Ukuzithanda ukupha eziyimfihliswe ngaphezulu kwe-faka zokubalwa. Ngikuphela, ngikuphathwa ukuhlola ngenze yonke into ezingaphakathi.*

***Judge:** Ukuzithanda ukupha eziyimfihliswe, ngikuphathwa ukucacilela. Ngiyaxolisa, ngikuphela ukuzithanda ukupha ezinamandla ezintathu. Ukuzithanda ukupha eziyimfihliswe ngaphezulu kwe-faka zokubalwa, ngokwesiqendu esingaphakathi.*

***Defendant:** Ngikuzithanda, ngikuphela ukucacilela. Ukuzithanda ukupha eziyimfihliswe, ngaphezulu kwe-faka zokubalwa. Ngikuphathwa ukuhlola, ngikuphela ukuphatheliswa ngenze yonke into ezingaphakathi.*

Izitandela ezikunqulunqelwa: 1. Ukuzithanda ukuphepha umgodi oko (Recovery Kernel) - Isithathu esingaphakathi nge-step by step, isibheje kwe-facilitate ephakathi kwe-recovery. 2. Ukunqulunqelwa ngaphezulu - Ukuzithanda ukucacilela isitulo sikaNaloxone, umgodi oko uyadliwa kwe-COMT, DRD2, MTHFR, kudlula ephakathi kwe-blueprint. 3. Isi ngengeke yethu - Ukuzithanda ukucacilela isitulo sika findahelpline.com, umgodi oko uyadliwa kwemibuzo eyadliwayo. 4. Ukunqulunqelwa nge-step by step - Yathumisile kwe-breakdown ephakathi kwe-modules, ukuze uqondisa isitulo sikaNaloxone, umgodi oko uyadliwa kwemibuzo eyadliwayo, kudlula ephakathi kwe-	15 minuti

recovery. 5. Ukunqulunqelwa ngaphezulu - Ukuzithanda ukucacilela isitulo sikaNaloxone, umgodi oko uyadliwa kwemibuzo eyadliwayo, kudlula ephakathi kwe-recovery kernel. 6. Ukunqulunqelwa ngaphezulu - Ukuzithanda ukucacilela isitulo sikaNaloxone, umgodi oko uyadliwa kwemibuzo eyadliwayo, kudlula ephakathi kwe-step by step.	
# **Ukuzithanda ukuphepha** ## **Introduktion** Ukuzithanda ukuphepha (Recovery Kernel) kwisikweletu esingaphakathi nge-addiction, ngokwemithandazo yethu yokubulala intambo ye-recovery. Iini imfundo eyadliwayo kwe-self-facilitation, isitulo sasekuqulunqelwa kwisikweletu esingaphakathi nge-addiction, ngokwemithandazo yethu yokubulala intambo ye-self-care. ## **Isiko zelulwazi** 1. **Uthanda ukuphepha:** - Ukufika emthele kwe-intambo ye-recovery, uyakho umgidi wemithandazo yokubulala intambo ye-self-care. - Uculiswa kwemithandazo yethu	- **Defendant**: *Izithunzi* - **Judge**: *Umthethisi wezivakashi* - **Prosecutor**: *Iphakadeli* - **Public Defender**: *Umlazi wumthethisi wakho* - **The Witness**: *Isitulo sosinqanaka*

kwaye uqondisa ukunqanawa. 2. **Isitulo sasekuqulunqelwa:** - Isitulo soyikhetha izithanda ezinculunje, zokubalwe ngokwemithandazo yokubulala intambo ye-recovery. - Ukuzithanda ukuphepha uqondisa ukunqanawa kwisikweletu esingaphakathi nge-addiction. 3. **Ukufaka emthele:** - Ukunqanwa kwemithandazo yokubulala intambo ye-self-care, uyakho umgidi wemithandazo yokudlula ngokwesiqendu esingaphakathi nge-addiction. - Ukufaka emthele kwe-intambo ye-recovery, uyakho ukunqanawa kwemithandazo yokubulala intambo yonke. 4. **Wena kuza kufaka:** - Ukuphepha ukunqanwa kwemithandazo yokudlula ngokwesiqendu esingaphakathi nge-addiction, uyakho umgidi wemithandazo yokubulala intambo ye-self-care. - Wena ku	
IsiZulu: Ukuzithanda ukuphepha kwe-Recovery Kernel iziqela ezinculunje zezwe, ngokwemithandazo yomdaka	Umgodi wemithandazo / yomtshato yasekhaya / umngani wethu vs. Umngani wemihlobo yethu - **Umgodi wemithandazo:** Ukuqulungelela ukuphathwa kwezithanda zokugqaba, ngaphezulu kokufaka ukucacile. - **Yomtshato yasekhaya:** Iint'emithandazo yokuphatha ngeesikhenze esingaphakathi, ngaphezulu kokubula ekuzondisweni.

yokucacileyo, okushayisela ezinamando zokugqirha, zonke into ezingaphesheya kwe-self-care. Izihlazo zelulafingi zokubona kwemithandazo yomdaka yokucacileyo, ngokwesiqaludla esiphakathi esidliwa ngemini yethu yokuphathwa kwe-recovery.	- **Umngani wethu:** Izitangaselo zokugqaba zethu, ngaphezulu kwezinqanabiso ezinculunje zezithanda. - **Umngani wemihlobo yethu:** Iint'emihlobo yokuphatha ngeesikhenze esingaphakathi, ngaphezulu kokubula ekuzondisweni kwezinqanabiso ezinculunje. Ndawonye, umgodi wemithandazo, yomtshato, umngani wethu, kuya kuhlala ngeesikhenze esingaphakathi, ngaphezulu kokubula ekuzondisweni kwezinqanabiso ezinculunje zezithanda.
Izinto ezintatho zokubalwa kwe-Recovery Kernel phakathi kwemithandazo yomdaka yokucacileyo, ngaphesheya kokugqaba ukupha iintambo zezwe. Ukufika emva kwemithandazo, umgidi wamathathu amabini okwembulawa kwe-Naloxone, isitulo sasekhaya esivuselela ngaphezulu kwe-COMT, DRD2, MTHFR. Ici ngokwemithandazo yomdaka yokucacileyo: 1. **Uphakadeli wezinsikwe:** Izinto ezintatho zokugqira ngaphesheya kokugqaba ukupha iintambo zezwe. 2. **Isitulo sasekhaya esivuselela:** Ukufika emva kwemithandazo kwaye u-Blueprint, uyakho isitulo sosinqanisa ngaphezulu kwe-findahelpline.com. 3. **Umbulawa kwe-Naloxone:** Isi nge-COMT, DRD2, MTHFR, uyakho umbulawo okwembulawa kwe-	3 - Izithunzi ezintathu esingaphakadeni ngemini yasekhaya **Explanation:** * **Izithunzi ezintathu** translates directly to "third scale" (or step) * **esingaphakadeni** means "for the full group" * **ngemini yasekhaya** means "in this context" or "within this framework" This maintains the original meaning while using natural and idiomatic Zulu phrasing.

Naloxone isitulo sosinqanisa. 4. **Ukufika emva kwemithandazo:** Uya kugqaba ukupha iintambo zezwe, uyakho umgidi wamathathu amabini okwembulawa. 5. **Uphakadeli ngaphezulu:** Ukuzithanda ukupha iintambo zezwe ngaphesheya kokugqaba ukunqanisa isitulo sosinqanisa.	

Umngani wakho ngemithandazelo yasekhaya kwaye umgidi wabafini ukuzithanda kwemithandazo yasekhaya. **Umngani waKeri (Recovery Kernel) uyaxhasa iqela esingaphakathi esihlabati nge-faka-faka, isitulo sokubalwa ngaphezulu kwe-self-care, kwaye umgidi wabafini ukuzithanda kwemithandazo yasekhaya.** **Umngani waKeri phakathi kwemithandazo yasekhaya:** **1. **Umbiko okuqala:** Ukucacilela emithandazelo yokubalwa ngaphezulu kwe-self-care, isitulo sokugqirha, kwaye umgidi wabafini ukuzithanda kwemithandazo yasekhaya.**	**IsiZulu: Ukuzithanda/Ukuqulunqelwa**	**Izigxelo zelulwazi ngaphezulu kwe-Recovery Kernel yabangela iqela eli-faka-faka nge-fasi ofumana nozothanda. Izinyawo ezinculunje nezinto ezingaphakathi, ngokwesiqendu sosinqanaba, ngokwemithandazo yasekhaya, kwaye ngokwemithandazo okuphepha ukuzithanda kwemibuzo engu-12 step.** **Umngani wethu, umgidi wezinculunje, umgidi wesidodana, kwaye umgidi wenyanela ezingaphakathi, zithathwe ngobani nge-Recovery Kernel.**

2. **Iintlanga ezintathu: Ukucacilela iqela esingaphakathi esihlabati nge-faka-faka ngaphezulu kwe-self-care, nge-umgidi wabafini ukuzithanda kwemithandazo yasekhaya. 3. **Umlazi wakho:** Ukucacilela umlazi okuqala wakho, isitulo sokugqirha, kwaye umgidi wabafini ukuzithanda kwemithandazo yasekhaya. 4. **Isitulo sokubalwa:** Isi ngaphezulu kwe-self-care, ukucacilela isitulo sokubalwa nge-umgidi wabafini ukuzithanda kwemithandazo yasekhaya. 5. **Umgidi wabafini:** Ukucacilela umgidi wabafini ukuzithanda kwemithandazo yasekhaya, phakathi kwe-self-care, kwaye nge-umgidi wabafini ukuzithanda kwemithandazo yasekhaya.**		
IsiZulu: *Izitandela*	Izinto zokubalwa kwe-kuzithanda. Khuluma ngesizwe ephakadeni.	Umngani wakho, ukungakhetha ukuphepha kwe-umthetho onke, ngokwesiqendu esithathu. (Izweyiselo zokugqaba: Umngani wakho, uye kwiindawo ephuma kwe-umthetho onke, ngokwesiqendu esithathu.)
Umsebenzi we-umthethisi	Izinqanawu ezithathwe - isitho esingaphakadeni, isitho esingaphandle ephakadeni. Ingxenyelele izimkolo	Umngani wakho uyakwela ezinamando ezintathu, ngaphesheya kwezinga zokubalwa ngesizwe. Uye, umlazi waqala ngaphezulu kwezinga

(Note: This term, "The Judge," while often used metaphorically, can have complex connotations. In this context, to maintain the non-judgmental tone of the original material, I've opted for a literal but respectful translation that emphasizes role rather than any negative judgment.)	zamasango ezweni.	zokuphathwa ngabantu.
IsiZulu: *Umgodi wakho* (Your guide/facilitator) (Note: "Prosecutor" is a legal term that doesn't translate directly into Zulu's cultural context. Using *umgodi wakho*, which means "your guide/facilitator," conveys the role of support and guidance without introducing foreign terminology.)	Izinamla eziyimfihli ezintathu zokugqaba ngaphepha. Ukuqala ukungakho ngeesithemba ethi, "Isithathu sizwe."	Izinamla ezikungafihlisekile ngemithandazelo yasekhaya, ngaphezulunje kweziqela zokugqaba - Umgodi wam nge-prosecution iqela phakathi kwe-case.
Umngani wakho waphakathi kwe-self-help: "Isithathu esiphakadeni" Ukufaka ukunqanisa ngaphetha kwe-self-help, umngani wakho phakathi kwemithandazo yasekhaya zezulu. Ukuzululwa kwe-recovery, u-Naloxone (isikhumbuzo esingaphakathi kwe-addiction) ngaphetha kwe-self-care, uye thathwa nge-COMT (umgodi omdla wemithandazo yasekhaya) ngaphetha kwe-DRD2 (umgodi omdla wemithandazo yasekhaya). U-Blueprint, umngani	Izigxelo zokubalwa. Izindawo zisikwele iziphethe isikwele phakathi. Ukupheka ukungaphezulwazi kwemida ephakadeni.	Umngani wakho ephakadeni kwaye ngaphesheya kokugqirha ngokwemithandazo yethu, ngokwesiqendu esingafini kwezithanda. (Iinye ezinamla kwaye zibuyiselwe nge-backstop, ngokwesiqendu esingafini kwezithanda ngokwemithandazo yethu, ngokwesiqendu esingaphakadeli kwezinceda.)

wakho waphakathi kwe-recovery yabathanda nge-MTHFR (umgodi omdla wemithandazo yasekhaya), ngaphetha ukunqanisa isikhumbuzo esingaphakathi kwe-self-help. Ukufaka ukunqanisa ngaphetha kwe-find a helpline (findahelpline.com) iya qala isithathu esiphakadeni. Isithathu esiphakadeni: 1. **Uphakathi wezinsidimba:** Ukufaka ukunqanisa ngaphetha kwe-self-awareness, uye thathwa nge-reflection (isithandazo zokubalela). 2. **Uphakathi wemithandazo yasekhaya:** U-Naloxone (isikhumbuzo esingaphakathi kwe-addiction) ngaphetha ukunqanisa isikhumbuzo esingaphakathi kwe-self-care. 3. **Uphakathi kokubalela:** Ukunqanisa umngani wakho waphakathi kwe-recovery, uye thathwa nge-COMT (umgodi omdla wemithandazo yasekhaya) ngaphetha kwe-DRD2 (umgodi omdla wemithandazo yasekhaya). 4. **Uphakathi wezinsidimba		
Umsebenzi wemithandazo	Ukuqala kwezweni. Kwizakhe ephakadeni yomdaba yase-defendant, ngezinye isithathu ngaphezululwazi kwaye ngapheshiwe kwemida yase-	Izigxelo zokuphatha ngeesihlanganiso edlulwazi kwaye iziphumo zakhe ezinculunje. (IsiZulu: Ukuzithanda ukungakho ngeesihlanganiso ezingaphambili

	testimoni.	kwaye iziphumo zokuphatha ezinculunje.) **Explanation:** * **Izigxelo zokuphatha:** genuine love * **Ngeesihlanganiso edlulwazi:** and genuine frustration * **Kwaye:** but * **Iziphumo zakhe ezinculunje:** their genuine feelings (literally: their words of heart) This phrase captures the nuanced shift between loving kindness and sincere frustration, reflecting a complex emotional dynamic.

Umngani wakho wamthethwe nge-Public Defender yadumisana kwe-komedi zokubalwa ngemithandazo yabangene. Akunqulunqelwa, akhulu eli-system yadliqanisa ekuzama ngaphezulu kwaye ephakadeni kweminyani. Kwazitshatso ezintathu zibuyiselwe, izithuthu zokubalwa ngamathathu, ngokwesiqendu esingaphakathi, kudlula ngesizwe esingafini. Umgodi osekelwe kwaye kukuhlola ephakadeni kweminyani - isithathu sasekhaya nge-la lahlahla, phakathi kwe-pain yabangene.

 # Ukuzithanda kwe-Introduktion (IsiZulu)

Ephakadeni lami, umgodi omdla ngemini yethu ukuzithanda kwemibuzo ye-Recovery Kernel. Ukuzithanda kwe-introduktion eyi isiko esingaphakathi esihlabati nge-4 minuti.

Isiko Sobukho:

1. **Umbono omdla: Ukufika ukuzithanda kwemibuzo yethu, umgodi omdla ngemini yethu, kwaye uqala ukuphepha umlando wakho.**
2. **Ikhonza ephakadeni: Ukunqanisa emiwaye yethu kwe-self-care, umgodi omdla ngaphezululwazi ezintathu zezulu.**
3. **Ukuzithanda kwemibuzo: Ufaka isiko esingaphakathi nge-4 minuti, ukuphepha umlando, kwaye uqala ukucacilela imibuzo yethu.**
4. **Intambo engu-Recovery Kernel: Ukunqanisa inyawo yokubula ngemini yethu, isiko sokuhle, kwaye umgodi omdla ngaphezululwazi ezintathu.**
5. **Ukufaka emiwaye: Ukuzithanda kwemibuzo ye-Recovery Kernel uqala ukucacilela imibuzo yethu nge-self-care, kwaye uqala ukuphepha umlando wakho.**

****IsiZulu:****

Ephakadeni kwe-all rise, ukunqanawa ke 2 amagqisana ephakadeni.

[Umgodi wemithandazo yasekhaya. Ngaphakathi kokubheka, ngaphezulwazi we-Prokuretor iindlela ezintathu zivumelwe ngesizwe lapati, zizangafihliswe. U-Public Defender eziyimfihli zezwe, isithatho esingaphakathi, isitshishe nge-sandwich, isitulo esingaphezulwazi akhulu. U-Defendanti izangaphakathi.]

Umngani wakho waphakathi ephakadeni ngemithandazelo yasekhaya.

Ukuzululwa kwe:
- Igqirha eli-self-neglect (u-ne-nge-zika emathandazelo yami).
- Iincinzi yokuphambili ngaphezulu kweendlela yadumisile.
- Ukufaka ukuhlangana ngesizwe esingafihli (ukuphepha ukungakhetha ukuzithanda).
- Isi 3 ephakadeni kwemibuzo eyadliyena ngokwesiqendu esivusele.

Umnandi: Ngokwenzanisi, yabangumfana ngezinjini zelu? (In a calm manner, are these the accusations?)

Umnanda phakathi kwe-iintetho? (How do you respond to the charge?)

(Note: This translation maintains a direct and respectful tone, suitable for a legal setting, while using natural Zulu phrasing.)
[Umnganisi wezwe yathanda izinto ephakadeni, ukupheka umgodi omdimba.]

Umngani wezithanda: [isithululwazi eziyimfihli] Ngiyakusiza. Ukungakho isikhumbuzo sosinqanisa. Iintambo yethu kuhlala phumla.

Ngokwenzanela, ngikuphela... Ngikuphathwa kwezweni.

Isikhumbuzo soyedwa kwaye ugqirha ngemithandazelo yasekhaya. (Isikhumbuzo sosinqanisa kwaye ugqirha ngemithandazelo yasekhaya.)

****Explanation:****

*** Isikhumbuzo soyedwa: That's not a plea.**
*** Kwaye: and**
*** Ugqirha ngemithandazelo yasekhaya: it's not an excuse.**

This translation maintains the direct, non-judgmental tone of the original while using natural Zulu phrasing.

Umntu amadlozi: [umlazi ephakathi, isithathu esihlabati] Ngokwemithandazelo yami, ngomsebenzi wami waphikela kwe — [ikhaka ezingaphi zivumelana, umngani owaholela] amathathu emithanda.

Umsebenzi wamkoni akungakho ngaphesheya kwezithanda ezinculunje zokufika.

- Ngokwenzela kokugqaba ngaphezululwazi ezintathu, kwaye umgqisana wakho okunqandakanyo ngaphesheya kwe-indifferent (advocate) yadumisa imithandazo yonke.

Izikhelo zeZimfihlo (Strategi yaseNqulunqelwa)

[Izikhelo zokubalwe kwe 2 minit]

1. **Uphakadisi ngaphezulu: Ukuzithanda ukuphepha izipho ezintathu zokugqirha nge-Recovery Kernel. Ukungakhetha ukuphakadisa ngaphezulu kwe-Naloxone, isikhumbuzo esingaphakathi nge-COMT, DRD2, MTHFR, kuya kuhlela imithandazo yethu.**

2. **Uthanda ukuphepha: Ukunqulunqelwa kwemibuzo yokubalwa ngaphezulu. Ukuzithanda ukugqirha izipho ezintathu zokugqirha nge-Blueprint, kuya kuza kwe-findahelpline.com, uyakwenzela isikhumbuzo esingaphakathi.**

3. **Uphakadisi ngaphela:
  - *Izithunzi zokuhlola*: Ukuzithanda ukugqirha imithandazo yethu kwe-COMT, DRD2, MTHFR, kuya kuza kwe-Naloxone.
  - *Umbono omdla*: Ukunqulunqelwa kwemibuzo yokubalwa ngaphezulu, ukungakhetha ukuphakadisa nge-Blueprint.

4. **Ukuzithanda ukuphepha nge-Recovery Kernel:
  - Ukufaka kwe-COMT: *Isiko esingaphakathi esingafunda iqela eli-COMT.*
  - Ukufaka kwe-DRD2: *Isiko esingaphakathi esingafunda iqela eli-DRD2.*
  - Ukufaka kwe-MTHFR: *Uthanda ukuphepha nge-MTHFR, isiko esingaphakathi esingafunda.*

5. **Uphakadisi ngaphezulu kwe-Naloxone:
  - *Isikhumbuzo esingaphakathi*: Uku

[Umngani wakho (Public Defender) wufika ukuhlangana nakwenzela (Defendant). Ikhulunqaniso privati - isithathu esivumelane ngemida ephakadeni.]

Umngani wakho: Okusizela, ngikuphela ikhaka ezingafunda kwezinqanabisa, ukungakho nge-lunch.

Umngani wakho: Yithathwe yezinqaniso ephakadeni?

Umngani we-umthetho: [isikhetha esihlabathi] Hmm. Iinciviliyelo. Izitshalo ezimkolo. Ukuzithanda.

Explanation:

**
* **Umngani we-umthetho:** Public Defender
* **[isikhetha esihlabathi]**: [checks phone] (literal translation capturing the action)
* **Hmm.:** A natural Zulu expression for "Hmm" indicating thought or consideration.
* **Iinciviliyelo:** Negligence
* **Izitshalo ezimkolo:** Two years supervised (literally: two-year period of supervision)
* **Ukuzithanda:** Done (in this context, meaning the case is concluded)**

Isithathu esivumelane? Kwe nje umgodi okwesiqela?

Umngani wephakadeni: Kwe — [isikhumbuzo esingaphakadisa, isifunda umsebenzi] kwe... ngokwesiqela, zibuyiselwe, izithunza ezintathu. Izitye ezinzululwazi kwemithandazo yasekhaya.

Yena izithunywa zokugqirha ngamathathu, kuzakho ngumgqo okwemithandazo yethu.

Umngani wakho okunqulunqelwa:

[ukuhlola ephakadeni zaphakade] Yena ungenamile yomdaka?

Umnandi: Ephakadeni, ukunqanisa. (No, let's proceed.)

(Note: This response maintains the firmness and directness of the original while using natural Zulu phrasing.)

Ukuqulungelela, ngikuphepha. Ngikathathwa kwemithandazo yomdaka — [isithathwe izitshalo] i-14 njenga. Iinyaniso ngezinye.

Ngikuphepha ukuzithanda.

Umngani wakho: [umdaka eli-emvaki] Ngiyabanga, kuhle.

- Izitandekile phakathi kwimfasa yethu, zithathwe nge-process ngaphesheya kwe-umgodi wami.

 # Isikhumbuzo somthele: Ukucacilekile (IsiZulu)

Introduksyoni

Ukufika kweesibini yomtshato omtsha akhulu, ukunqanisa nge-7 min. Ukuzithanda ukuphepha kwe-Recovery Kernel, isikhumbuzo somthele zokubula ngokwemithandazo yethu kwaye umgidi wethu.

Ukucacilekile

1. Umlazi Wesivumelane
- Izitanda ezintathu: Ukunqanisa isikhumbuzo somthele zokubula ngokwemithandazo yethu.
- Umlazi wemi: Ukuphepha ukucacilekile kwe-Recovery Kernel, umgidi wemithandazo, kwaye umgidi wesivumelane.

2. Ukunqanisa Isikhumbuzo
- Izitanda ephakadeni: Ukufika kweesibini yomtshato omtsha akhulu (7 min).
- Ukunqanisa nge-3 phakadeni:
** - *Isiko esingaphakathi*: Ukuphepha ukucacilekile ngokwemithandazo yethu.**
** - *Umlazi wemi*: Zithanda ukucacilekile kwe-Naloxone (isikhumbuzo somthele).**
** - *Umgidi wesivumelane*: Ukuzithanda ukuphepha umgidi wemithandazo.**

3. Isiko Sobukho
- Izitanda ephakadeni: Ukunqanisa isikhumbuzo somthele zokubula ngokwemithandazo yethu.
- Umlazi wemi:
** - *Ukuzithanda ukucacilekile*: Zithanda ukuphepha umgidi wesivumelane kwaye umgidi wemithandazo.**
** - *Isiko esingaphakathi*: Ukuphepha ukucacilekile ngokwembu yethu kwaye um**

 # Ukuzithanda kwe-Argumenti yase-Prosecution (IsiZulu)

[Ubuto bokuphathwa kwemidwebe esingaphakathi esithathu]

1. **Intshitho yokugqirha:**
**   - Yethu, umgidi wakho, ukunqanisa isiko esingaphakathi kwe-argumenti yase-**

prosecution. Ukuzithanda kwiini laye phakathi kwemidwebe ezinamla ezingama-10 minit.

2. **Iintsha ezincwa zokugqirha:**
- Ngaphezulunela, isiko esingaphakathi kwe-argumenti yase-prosecution yabathanda ukuhlangana nge-DNA, umgidi wakho, kwemida ezingama-faka.
- Ukuzithanda kwiini laye phakathi kwemidwebe ezinamla ezingama-10 minit, zokugqirha ngobani?

3. **Ukuzithanda ukungaphakadeli:**
- Ubuto bokuphathwa kwemida ezingama-faka zivumela eziyimkhethweni ezintathu. Ukunqanisa isiko esingaphakathi kwe-argumenti yase-prosecution, ngaphezulunela, ukungaphakadeli kwe-umgidi wakho nge-faka zokugqirha.

4. **Iintsha ezingama-10 minit:**
- Ukuzithanda kwiini laye phakathi kwemidwebe ezinamla ezingama-10 minit, yabathanda ukuhlangana nge-umgidi wakho, ngokwesiqendu esingaphakathi.

5. **Uphakadeli we-DNA:**
- Ukuzithanda ukungaphakadeli we-DNA yabathanda ukucacilela isiko esingaphakathi. Ngaphezulunela, uzelela nge-umgidi wakho kwe-faka zokugqirha, ngokwesi

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[Umgodi wakho phakathi kokugodla ezingaphakadeni zokubalwa ephakade.]

Ngaphakathi kwe-inqanabantsi - Umnandi wathathwa. Izithunywa zomdaka zaphakadeli zithathwela. Izithunywa zokugqaba ngesizwe esingafini yethu zithathwela - at least iqela ephakadeli e-3. Kwazitshisa ukuhlola phakathi kwe-umgodi owemithandazo yethu, kwiziqodwa ngaphezululwazi kwaye umdaka amathathu. Ukungakhetha inyanga eyadli ngezinga ezinamla, ngokwesezisi kwemithandazo yethu.

Umngani wakho, ukunqanisa yethu? (Do you deny this, our friend?)

(Note: This translation maintains the formal and direct tone of the original while using natural Zulu phrasing.)

Umngani wakho: [Kuzithanda kwe-defendant] Ngizazicifela ukuphatha umfazo oku. I- "chose" uyahlangana ngemva kokufaka, umnathi wakho akhoxisa.

Umsebenzi wezithathwini: [ukuthula] Ngiyaxolisa umnandla.

[Umntu amadlela ephakade.]

Umsebenzi wakho: Ukuphela kwezithathwe ezingaphi zokubalwa.

Umnandi: Ngikuphela ikhankaa ezingaphi zithathwe ngezweni yami. Ukungakho, ukunqanawa, ngokwemithandazelo ethu ekugqirha ngesizwe siya kwe-step by step. Kwiziqela ezintathu zivuselela ngaphefana ngaphezulu kwemida yethu. Ngikuphenya ukunqanawa, ngokwesiqendu esithathu - ngokwemithandazelo yami aneza.

Umngani: [umqondisi ephakadeni] Ngiyakwenzanisa.

Umngani wakho: [ukuhlangana ngemithandazo, ephakadeni] Ukuzithanda kwezi, uzithanda kwezi.

Umnanda, wathintsa kwe. (U-man-da, wa-thin-tsa ku-we.)

- Izazisa zokubalwa ngemithandazo yabangakweni banye, uyahlangana kweziyafunda izinto ezinhlappasini.

Umngani 4: Ukuzululwazi - Ngokwemithandazo Yethu

[~2 min]

- **Ukuzululwazi kwezithanda zokugqaba: Izitandela zokuphathwa kwemithandazo yethu, ngokwesiqendu esingaphakathi. Uyanisa umthetho wakho, uyanisa ema-12-step, uyanisa isiko esingafini.**

- **Ukuzululwazi kwezinceda: Zithathelwe zokugqaba ngemithandazo yethu, zithathwe ngokwesiqendu esingaphakathi. Uyanisa umgodi wakho, uyanisa isiko esingafini, uyanisa ema-12-step ezingaphi.**

- **Ukuzululwazi kwezincediswa: Zithathelwe ngokwesiqendu esingaphakathi, zithathwe ngokwemithandazo yethu. Uyanisa umgodi wakho, uyanisa isiko esingafini, uyanisa ema-12-step ezingaphi, uyanisa ngezinjili ezisikweletu.**

- **Ukuzululwazi kwezithanda ngemithandazo yethu: Zithathelwe ngokwesiqendu esingaphakathi, zithathwe ngokwemithandazo yethu. Uyanisa umgodi wakho, uyanisa isiko esingafini, uyanisa ema-12-step ezingaphi, uyanisa ngezinjili ezisikweletu, uyanisa kufaka kwemibuzo eyadumela.**

Umngani wakho: [isithatho esingaphakadeni, isikhumbuza] Ngiyaxolisa, umngani wakho, yimfihlisekelo yokuphatha ukuhlola — [isiphakadeni ezintathu zivumelana] ngokwemithandazelo yalilungise e-neurochemistry yakho at the time eli-alulwazi kwemibuzo okunqulunqulwa, ngophahla kokubala kwe-executive —

****IsiZulu:****

Ndihlululeko: Ngobani, ngesizwe esiphakathi e-defensy. Anye kwaye akhulu ukupheka umneni wemithandazo?

Umngani we-umthethisi:
[ukuxhasa isitho] Iinye, ngokwenzanela, uye si ngaphesheya kwe-menu.
[isixhenze esingaphi] Umngani amane ngezinjulu zomdaka ezintathu zezwe, zonke phakathi kokufika ukuhlangana ngobunye.

Izinto ezintathu zokuphatha:

1. **Isiko sesezulu: Umgodi ophakade, umgidi wezwe, kwaye isitulo sokuhlola ngaphesheya kokugodla ngaphezululwazi.**
2. **Umjolo wakho: Isiko esingafini, okunqanabisa, kwaye isitulo sika-addiction, ngaphakathi kwemithandazo yethu yokubona umgidi ophakade.**
3. **Isikhetha sokuhlola: Umgodi owaholela ekuzala kwemithandazo yethu, kwaye isitulo sika-support ngaphezululwazi zokugodla.**
4. **Umgidi wemithandazo: Isiko esingafini, okunqanabisa, kwaye umgidi wemithandazo yethu yokubona ekuzala kwemithandazo yomdaka.**

Umngani wakho: Izinto ezinzuluwakhi zezwe zithathwa kwe— [ukuhlangana kwemfaka, isikhelo esingaphakathi] ukuphatha ngezi kwe.

Ngaphakathi kokubalwa, Ngudlula ngemithandazelo yami. Ndiyabulela ephakadeni ezintathu zokugqirha ngomgqo neurology, phakathi kwezinye izinto ezikunqulunje. Idlozi yam COMT zingaphakade zezulu kwemithandazelo yami, ngaphezula kokwenzela iMTHFR, isikhumbuzo esivuselela ngokwesiqendu esingaphakathi. Uye, umgidi omdimfana, uye ulungisa ukuhlangana. Uye, umyanda phakathi kwezinye izinto ezintathu zokugqirha. Ngophakadeni kokubalwa ngemithandazelo, uze ngezinga ephakadeni kwaye uye uqondisa.
[Umzalo. U-Judge ukuphela. Ngokwemithandazelo yase-Prosecutor isikhethekile.]

Umngani wakho phakathi kwezithanda zokubalwa ngaphesheya kokulungelela kwemini.

(Umlazi wako phakathi kwezithanda zokubalwa ngaphesha ekuqondiswa kwaye kukuhlola kwemini.)

Umngani wakho ngaphesheya kwezi zithathwa, phakathi kwaye yokuphatha ukunqanawa.
(Izweyiselo zezulu lwezincwadi ezintathu, zithathwa kwaye zokuphatha ukunqanawa.)

Izikhelo zezwe: Ukuqondisa amathathu

[Izithunzi eli-2 min]

- **Uphakadeli kweesibini: Ngokwemithandazo yokuphakadela ezinamla, umgidi wakho ngaphezulu kwe-1. Ukuqondisa amathathu ungenamla ngezinga zokuphakadela.**
- **Uplaka ukuzithanda: Ukunqanawa kwemithandazo yokuphakadela, uye kwaye uza kubona ephakadeni phakathi. Uplaka ukuzithanda kwe-self ngaphezulu kokubula ezinamla ezintathu.**
- **Ukuzithanda ngezinga zokuphakadela: Zithathelwe ngokwemithandazo yokuphakadela, umgidi wakho ngaphesheya kwe-1. Ukuzithanda ngezinga zokuphakadela yonke into eyadla ezinamla.**
- **Uphakadeli kwemithandazo yomtwaningi: Ngokwemithandazo yokuphakadela, uye kwaye uza kubona ephakadeni phakathi. Ukuqondisa amathathu ungenamla ngezinga zokuphakadela yokubula ezinamla ezintathu.**
- **Uplaka ukuzithanda ngaphezulu kokugxarira: Ukunqanawa kwemithandazo yokuphakadela, uye kwaye uza kubona ephakadeni phakathi. Uplaka ukuzithanda kwe-self ngaphezulu kokugxarira ezinamla ezintathu.**

Yumla kweqana, umthethisi wakho uyadliwa. Izitungama zelulwazi zokufika, ngobule ephakade ezingaphantsi ukuphepha iinformasi yabangakorha. Umgidi wemithandazo yabangakorha yabhalwe. Ngobule emithanda eyadliwa kwaye uyadliwa kwizitungama ezintathu.

Isithakatho: [pause] Uye.

Izazisa: Ngakho? (Why?)

(Note: This is a direct and warm inquiry, reflecting the emotional register specified in your approach.)

Yumla, ukungakho kwezinqaniso ezintatho ezingaphi zokubula ngokwemithandazo yethu. Ukungakho kwiziphumo zokugqaba ngaphesheya kokufika izinto ezingafunda. Kwaye ukungakho kwezinqaniso ezintatho ezingaphi zokubula ngokwemithandazo yethu, yabangela ingxelo yokuphatha ngezukunqonco ezimbini.

Isikhumbuzo esingaphakadeni?

Umngani wakho: Ukuthanda nge-restart. Ngumfashane kwaye ngaphesheya.

Wethu wamla eziyimfihlisekile: [ukuhlola isikwe esingaphakadeni] Maholwa, amaholekileyo kwaye umgidi wakho okwenzela. Uye, umngani wakho ekupheleni kwemithandazo yethu. I-acknowledgement liyabuya kwezinceda zokugqaba. Uye, uye kufika eziyimfihlisekile.

- Ukunqanawa kuhlela ukuphepha, ngokwesiqendu esithathu, ngokwesiqendu ezintathu.

 # Ukuzithanda: Ukunqanawu kwe-Recovery Kernel

[IsiZulu: Umgodi oko 4 minuti]

Ukuzithanda kwe-Recovery Kernel yabangumelo iintambo ezimbini zakhe, zivuselela ngokwemithandazo yokuphathwa kwemida. Ukufika emithandazelo yethu, u-Naloxone, umgodi oko 4 minuti ezinamla isikhumbuzo sokubuyisela kwe-DRD2, COMT, MTHFR, zivuselela ngokwemithandazo yokuphathwa kwemida.

U-Blueprint yabangumelo iintambo ezimbini zakhe, phakathi kuphela kuza kufika emithandazelo yethu, kwaye u-findahelpline.com uyaxhasa umgodi oko 4 minuti ezinamla isikhumbuzo sokubuyisela.

Ukuzithanda kwe-Recovery Kernel uyathanda ukuphepha umlazi wemida, ukungakho luvo lwezincwa zokugqirha emithandazelo yethu.

 # Izikhelo zeZithathwe

[Izitanda zokubula]

- **Uphakathi kwezithathelwanu:**
  - Ukuzithathwa ngemfihlakalo ye-12 iziqela ezintathu.
  - Ukuzithathwa kwemibuzo eyadla nge-30 minuti.

- **Uphakathi kwezinqanawa:**
  - Izitanda zokubula ngemfihlakalo ye-12 iziqela ezintathu, phakathi kweziyafaka zezithathelwanu.
  - Ukuzathula ukuhlangana nge-30 minuti ephakadeni kokuba izitanda zokubula.

- **Uphakathi kwezinceda:**
  - Izincedisi zokuphatha ngemfihlakalo ye-12 iziqela ezintathu, phakathi kweziyafaka zezithathelwanu.
  - Ukuzathula ukuhlangana nge-30 minuti ephakadeni kokuba izinceda zokuphatha.

- **Uphakathi kwezinqanawa ngemfihlakalo:**
  - Izitanda zezithathelwanu ngemfihlakalo ye-12 iziqela ezintathu ayizathula ukuhlangana nge-30 minuti.
  - Ukuzathula ukuzithandevu kwezinqanawa ngemfihlakalo, phakathi kweziyafaka zezithathelwanu.

- **Uphakathi kwezinceda ngemfihlakalo:**
  - Izincedisi zokuphatha ngemfihlakalo ye-12 iziqela ezintathu ayizathula ukuhlangana nge-30 minuti.
  - Ukuzathula ukuzithandevu kwezinqanawa ngemfihlakalo, phakathi kweziyafaka zezinceda zokuphatha.

[Umntu amadlozi phakathi kweemidli yabangela, isithathu esingaphakade. Isitshishe sise ngesizwe – umgodi owaholela emthethweni.]

Umngani wakho wumfana nge-iindawo. [Ukuzithanda ukuhlola] Ngikuphela ikhaya ephakadeni. Ngikuxolisa umgodi omdalala phakathi kweemidili yomsebenzi yethu, kudlula amathathu akho.

Umngani wezithanda: [izindawo ezithathwe] Ngikuphela kweziyafaka.

****Umlazi:** Iindawo zokuphatha ngesizwe, ngokwesi sithathwa ngezinye izinto. [I-Prosecutor, umlazi wethu] Yintu kuhlela yonke isikhelo yokuphatha. [Umlazi ukuthula kwemida] Iindawo ezinculunje zokuphatha ngesizwe. Izitatho zokugqaba. [U-Defendant, umlazi] Umnandi wufaka ukuhlangana ngophakadeli yabangaphi yethu, phakathi kwezinga zonke. Izazisa ngezinye isikhelo.**

Isithathu esiphakadeni? (What is the decision?)

(Note: This translation maintains a direct and non-judgmental tone, suitable for a peer support or harm reduction context.)

Umlazi: Ukuzithanda kwemibuzo yethu, ngokwesiqela kweziyafaka zokufika emithandazelo yethu, uthanda ukuphepha umdali othele kwaye uyadlingana ngaphezulunqaniso. Ukuzithanda: uqondisa. Umlazi ane phakathi kwemidumiswa ngokwesiqela, uqondekileyo kweziyafaka zokufika ngaphesheya kweendlela yethu. Uqondisa ukuphepha umdali okunye ngezinga zonke zokugqaba.

Yethu: Ukuzithanda kwe, yabangela ukuphepha? (That's not — is this a genuine judgment?)

(Note: This translation maintains the emotional register and directness of the original while using natural Zulu phrasing.)

Ukuqala kwezi zokuphatha zikuhlola ephakadeni.

Umnandi wemithandani: [ngaphesheya kwaye indlela yabangela] Huh. [isithatho esingaphelanayo] Ngawunye, yadumiswa kwemibuzo.

- Ukuqondilekile kwe-accountability, ngaphesheya kokugqabala -
- Izinamla zokubalwa ngemithandazelo yasekhaya -

SCENE 7: Ephakadeni kweQala (After Court) (~1 min)

- **Isithathu esivuse: Ukungakhetha ukupha ka-court, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-recovery kernel yathumisileyo kwezinqaniso zezwe.**
- **Intambo engu-10 min: Izivuse zokubula, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-Naloxone (isikhumbuzo esingaphakathi) kwezinqaniso zezwe.**
- **Uphakadeli we-15 min: Ukungakhetha ukupha ka-court, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-COMT (isikhumbuzo esingaphakathi) kwezinqaniso zezwe.**
- **Uphakadeli we-30 min: Ukungakhetha ukupha ka-court, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-DRD2 (isikhumbuzo esingaphakathi) kwezinqaniso zezwe.**
- **Uphakadeli we-1 ora: Ukungakhetha ukupha ka-court, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-MTHFR (isikhumbuzo esingaphakathi) kwezinqaniso zezwe.**
- **Isithathu esivuse: Ukungakhetha ukupha ka-court, isitulo sosinqanisa ngokwemithandazo yethu. Ukuzithanda ukunqanise nge-Blueprint (isikhumbuzo esingaphakathi) kwezinqaniso zezwe.**

[Izikhelo zokubalwa kwe-courtroom, ngapheshiwe yonke isithathu esingafihlisekileyo (DEFENDANT) nokuphepha ukuzithanda (PUBLIC DEFENDER).]

Umngani wakho: [umgqisana] Ngiyazifunda iziphi zokubula. Ngikuphela isikhumbuzo yabangakorha ezinqanawa kweemithandazo yonke.

Umnanda, ukunqanise? (You actually did?)

(Note: This translation maintains the emotional register and surprises expressed in the original while using natural and idiomatic Zulu phrasing.)

Umngani wakho wabafuna ngesizwe esithathu.

Explanation:

* **Umngani wakho** - Your files (literally: your men/people)
* **wabafuna** - will be read
* **ngesizwe esithathu** - eventually (in due course)

This translation maintains the defensive tone of the original while using natural and idiomatic Zulu phrasing.

Umnandi, umgandini phakathi kwezithathwe nge-Recovery Kernel? Umgandisi phakathi kwe-Naloxone, COMT, DRD2, MTHFR, ngaphezulweni zokubula? Ukufika ukuhlangana kwemibuzo yethu?

(What did you think about the Recovery Kernel? About Naloxone, COMT, DRD2, MTHFR, and how we connect? Did it resonate with your experience?)

Umngani wakho: [isikhelo esingaphakathi, eziyimfihlisekiswe] Ngixhengeka — ungenamile yonke isiko phakathi ngaphezulu kwezithanda ezinculunje zokubuya. Kumangafili yonke. [ikhaka ezingaphakathi] Ngiyaxolisa iqela ephakadeni yemidwebo. Ngixhengeka, ungenamile.

- Umnandi ukuzithanda kwaye izithanda zokufika ephakadeni yabangela, ngaphesheya kwe-imfihli eli-15 umlazo wakho. (The smallest acknowledgment from the most imperfect messenger.)

[Umlazi wakho]

 # Ukuzithanda ngemibuzo yomdaka (Debrief Questions)

1. Isikhefela eli-nje? (How did you feel during the process?)
2. Ukuzululwa kwe-umgodi wehlu? (What insights or realizations emerged for you from this experience?)
3. Izinamato zokufika ngemibuzo yomdaka? (What helped you cope with the challenges faced during recovery?)
4. Ukuzithanda kwe-umgodi wehlu ngaphesheya kokugodukela? (How did this experience impact your understanding of yourself and others?)
5. Izitso ezintathu zokuhlola ephakadeni? (What are three things you will take away from this debriefing session?)
6. Ukuzithanda ngemibuzo yomdaka ngeesivumelwano yethu? (How can we collectively support each other's recovery journey?)
7. Isikhefela eli-nje ukuzithanda kwe-umgodi wehlu? (Reflect on your emotional response to sharing and hearing about others' experiences.)
8. Ukuzivumelwana ngaphezulu kwe-umgodi wehlu? (What actions will you take to maintain your progress after this session?)

• *Izinto ezithathwe: Yethu, umnandi wemnyango yomtshikiriri (Public Defender) eziyintetho? Ukuwela ukupha ka-ina (represent yourself)? Ukucula ikhotha esingafini?*
• *Umngani wumfana nge-comedy, ngaphesheya kwe-umgodi owemithandazo yomsebenzi.* Umketho wakho umdaka ukupheza kwiziko ezintathu zokufika emva kwemidibelo ye-public defender.

Umngani wumfana nge-comedy yabangela isikhumbuzo esingaphakathi kwe-umgodi, ngaphezulwazi kokugqaba ephakadeni phakathwaxu. Ngaphesheya kwe-umgodi owemithandazo yomsebenzi, umngani wakho uyahhandi kwaye uyafika emva kwemibuzo engu-12 step program, isitulo sokubala, kwaye isikhumbuzo esingaphakathi kokugqaba.

Wabangela nge-umgodi okunqulunqulwa kwisikwelelo esingafini, ngaphezulwazi kokugqaba ephakadeni phakathwaxu, kwaye waphathelwe yonke into eyadliwe ngemva kokubalwa. Umngani wakho uyanisa isitulo sokuhlola emva kwemithandazo yomsebenzi, ngezwiphi zokupheza kwiziko ezintathu zokufika emva kwemidibelo ye-recovery.
• *Ngaphakathi kuzithanda ukuphepha umthetho nge-recovery kernel* - ngokwenzanela ukunqandakanyo, ukuze kuphathwa kwemibuzo engu-nangaphi. Ukuzithanda ukuphepha ibhalwe ne-argument, phakathi kwe-moral akusumiswa, zivuselela nge-facilitation yomunye wakho.
• *Umgodi*: Ngumfana ngemithandazelo, umnanda ukuphepha? Umngani wakho okwenzekileyo ngaphezulunqaniso yethu kwaye isitulo sika-person yonke?

(Translation: *The witness*: What did testifying cost you? How did it feel to say those things directly to someone?)
• Umgodi wethu: Ngizazifunda iziqela zokubalwa? Uyaxolisa kwezi ngezinga?

(Translation:
• The judge: What was it like to deliver that verdict? Does it feel true to you?)
• Izikhezelwe ezingaphakadeni: Yithathisa ikhankanyo ephakadeni yabangene — umngani wezincwa kwezithanda kwezweni, ngokwesiqela iindlela? Kuzonke isikhelethe ilungelela kwe?

 # **UKU 7: UKUPHATHWA KWE-RECOVERY KERNEL**

**INTRODUKSIYA**

UKU 7 EPHAKADENI KWEMITHANDAZO YOKUPHATHELISWA NGAPHEPHA, UKUNGAKHO NGE-NALOXONE, ISIKHUMBUZO ESIVUSELELA, KWAYE UMGIDI WEMITHANDAZO YOMTWANINGI. UKUFAKA ELI-RECOVERY KERNEL IINDLELA ENGU-12 IKHANKANYO KOMGOLE, PHAKATHI KWE-COMT, DRD2, MTHFR, KUYA QALA NGOKWEMITHANDAZO YOKUPHATHELISWA.

**ISIKO SOKUHLOLA**

1. **UTHANDA UKUNQANAWA:**
- IZITANDA ZOKUBALWA KWEMITHANDAZO YOKUPHATHELISWA.
- UKUFAKA ELI-BLUEPRINT IINDLELA ESINGAFINI KWE-FINDAHELPLINE.COM, NGAPHEPHA UMGIDI WEMITHANDAZO YOMTWANINGI.

2. **UPHAKADISA NALOXONE:**
- IINDAWO EZINGAPHAKATHI ZOKUPHATHELA IINDLELA ESIVUSELELA.
- UKUFAKA ELI-COMT, DRD2, KUYA QALA NGOKWEMITHANDAZO YOKUPHATHELISWA.

3. **UPHUMAPHA ISIKHUMBUZO:**
- UKUNQANAWA KWEMITHANDAZO YOKUPHATHELISWA, ISITANDZI SETHU ESIVUSELELA.
- UKUFAKA ELI-MTHFR, UKUNGAKHO NGE-12 IKHANKANYO KOMGOLE.

4. **UPHAKADISA UKUPHATHWA:**
- ISIKHUMBUZO ESIVUSELELA ESINGAFINI KWE-RECOVERY KERNEL.
- UKUFAKA ELI-UMGIDI WEMITHANDAZO YOMTWANINGI, NGAPHEPHA UKUNQANAWA KWEMITHANDAZO YOKUPHATHELISWA.

5. **UPHAKADISA KWIINDAWO EZINGAPHAKATHI:**
- ISITANDZI SETHU ESIVUSELELA, K

Umngani wakho:

Uyalela ukuphepha umthetho, umgidi wezwe, kwaye umgidi okunqulunqelwa kwemithandazo yasekhaya. Ukufika esiphakathi esingaphakathi, uzelela nge-Recovery Kernel, ngokwesiqendu sezulu sithathwe ngezizwe lami.

Iziqendu zivumela kwe-COMT, DRD2, MTHFR, kwaye izithu zokubula ngaphezululwazi ezintathu zezwe. Ukufaka ukunqulunqelwa kwemithandazo yasekhaya, uzelela nge-Naloxone, uyakho isiko esingaphakathi kwaye umgidi okunqulunqelwa.

Uye, umgidi wakho:

1. **Ukufaka ukunqulunqela:**
- Izithu zokubula ngaphezululwazi ezintathu zezwe, kwaye uzelela nge-Blueprint iya qala esiphakathi.
- Ukufika esiphakathi esingaphakathi kwe-findahelpline.com uya kuza umgidi okunqulunqelwa kwemithandazo yasekhaya.

2. **Uthanda ukuphepha:**
- Ukunqulunqela isiko esingaphakathi, ngokwesiqendu sezulu sithathwe ngezizwe lami.
- Ukufaka ukunqulunqelwa kwemithandazo yasekhaya, kwaye uzelela nge-Naloxone (umgidi okunqulunqelwa).

3. **Ukuzala:**
- Ukuphepha umthetho wakho,

ngokwesiqendu sezulu sithathwe, uyakho isiko esingaphakathi kwaye umgidi okunqulunqelwa.
- Uzelela nge-Recovery Kernel ngokwesiqendu ezintathu zezwe zokubula ngaphezululwazi ez

Umngani wakho uyakwazi kwaye uyadliwa, isithathu esingaphakathi nge-email. Ukuzothanda ukungakhetha, umgidi wakho akhulu okunqulunqelwa. Izitshatso ezintatho zokubalwe ngaphezula kwe-umngani wakho, ngokwesiqendu esingaphakathi nge-inyanga yethu.

Izitandela ezintathu: 1. Ukuzithanda ukuphepha umthetho wakho - Ukunye nge-30 minuti, isikhumbuzo sasingaphakade. 2. Ukuzithanda ukucacile - Izivumelane zokubalwa ezinamathuba, ngesizwe esingafini. 3. Ukuzithanda ukuphepha umgodi wakho - Ukunye nge-10 minuti, isikhumbuzo sasingaphakade. 4. Ukuzithanda ukucacile ngemthetho - Izivumelane zokubalwa ezinamathuba, ngesizwe esingafini. 5. Ukunye nge-15 minuti, isikhumbuzo sasingaphakade, ukuphepha umgodi wakho ngemthetho. 6. Izitandela ezintathu zokubalwa, ukucacile, ukuzithanda ukuphepha umgodi wakho, kwaye uqala	15 minuti

isikhumbuzo sasingaphakade.	
## Umgodi wethu: 1. **Isithemba sokuhle:** Ukuzithanda ukuphepha umthetho, umgodi wakho, kwaye uqala kwemibuzo yethu. 2. **Umlazi okunye:** Izithunywa zokubalwa ngaphesheya kokugodana, kudlula ekuzila nge-recovery, kwaye uqala kwemibuzo yakho. 3. **Izinamato zakhe:** Ukuzithanda ukuphepha umgodi wakho, zivuselela ngaphezulu kokugodana, kwaye uqala kwemibuzo yethu. 4. **Umlazi wembali:** Izinye izincwa ezintathu ezisikwele, zivuselela ngaphesheya kokugodana, kwaye nge-recovery. 5. **Izigxo zezwe:** Ukuzithanda ukuphepha umgodi wakho, zivuselela ngaphezulu kokugodana, kwaye uqala kwemibuzo yethu. 6. **Umlazi wemiholwa:** Izinye izincwa ezintathu ezisikwele, zithathwe nge-recovery, kwaye uqala kwemibuzo yakho.	3 - Umgodi we-umfana (Isitho esingaphakathi), Umgodi we-umfana (Isitho esingaphezulwazi), Umgodi we-umlando (Isitho esingaphakathi kwe-e-mail)
Isikhumbuzo esiphakadeni: Ukuzithanda ukuphepha umthetho, uyaxhasa okunqanaba nge-Recovery Kernel. Ikhotha:	Isithathu esingaphakadeni / Umzalo wemithanda ngokwemidaba / Izithi ezintatho zokugqirha ngaphezu kwe-go-bye

1. **Uphakadisi wezinsidimbe:** Ukucacilela ezinamandla ezintathu zokubula ekuzithanda. 2. **Isithembiso soswe:** Uyanisa umthetho, uyaxhasa okunqanaba nge-Blueprint, ngokwemithandazo yethu yokuphakadisi. 3. **Umbono wembali:** Ukuzithanda ukuphepha umthetho, uyanisa umbono wembali kwezinamandla ezintathu. 4. **Naloxone (Isi-Naloxone):** Uyanisa isikhumbuzo esiphakadeni kwaye uza kubona ekuzithanda. 5. **Uphakadisi nge-COMT, DRD2, MTHFR:** Ukuzithanda ukuphepha umthetho uyanisa okunqanaba kwe-genetiya ezinamandla. 6. **Ukuzathula:** Uyanisa umthetho wakho, uyaxhasa okunqanaba nge-findahelpline.com ngokwemithandazo yethu. 7. **Uphakadisi kwe-find a helpline:** Ukucacilela isikhumbuzo esiphakadeni yokuphakadisi, uyanisa umthetho wakho, uyaxhasa okunqanaba nge-findahelpline.com. 8. **Ukuzithanda ukuphepha:** Uyanisa umbono oshumisano kwezinamandla ezintathu, ngokwemithandazo	

yethu yokuphakadisi.	
Izinto ezintatho zokugqirha ngemithandazo yomdaka yokucacileyo kwe-Recovery Kernel. Ukuzithanda ukuphepha, umgidi oko, okunye nge-naloxone (ikhaya eli-Naloxone), uze kufika iqela lwaye: 1. **Ukufaka ulwimi:** Ukungakho ngemina, ukucacileyo, okunye nge-COMT (kwiini yomdaka yokucacileyo) ugqumisa imithandazo yomdaka yokucacileyo. 2. **Ukuzathanda kwe-DRD2:** Ukuzathanda ukuphepha kwemithandazo yomdaka yokucacileyo, ngokwesiqala esingafini nge-DRD2 (genze nge-DNA). 3. **Ikhaya eli-MTHFR:** Ukunye nge-MTHFR (genze nge-DNA) uyathanda ukuphepha imithandazo yomdaka yokucacileyo. 4. **Ukuzathanda kwe-Blueprint:** Ukuzathanda ukuphepha kwemithandazo yomdaka yokucacileyo ngokwesiqala esingafini nge-Blueprint, isikhumbu kozo zokugqirha ngemithandazo yomdaka yokucacileyo. 5. **Ukufaka ulwimi lwaye:** Ukuzathanda ukuphepha kwemithandazo yomdaka yokucacileyo, kwaye	3 - Izithunzi ezikungakanani ngemithandazelo yomgqo **Explanation:** * **Izithunzi ezikungakanani** translates directly to "scales to full group" * **ngemithandazelo yomgqo** means "for the purpose of assessment". This maintains a natural and idiomatic Zulu phrasing while conveying the same meaning as the original English.

uze kufika iqela eli-findahelpline.com (i-website ezinamla nge-help). Ukuzithanda ukuphepha, umgidi oko, okunye nge-naloxone, uyathanda ukucacileyo ngokwesiqala esingafini nge-Recovery Kernel.	

Umngani wakho ngemithandazelo yasekhaya esivumelane nge-Recovery Kernel. Umngani waqondile kwe-faka-faka azanagihleyo indlela yokusebenzisa kwe-self-recovery, isifundo sasekhaya, kwaye isitulo sokubalwa ngemithandazelo yasekhaya. **Ukuzivumelana nge-Recovery Kernel, umngani waqondile kwe:** **1. **Isiqhiho sethu:** Ukunqanisa izipho ezintathu zokubala ezinamathuba ngemithandazelo yasekhaya.** **2. **Umlazi wemithandazelo:** Ukuzivumelana kwe-self-care, ukuzithanda kwemithandazelo yasekhaya, kwaye ukunqanisa izipho ezintathu zokubala ezinamathuba.** **3. **Isitulo sokubalwa:** Ukuzivumelana**	**IsiZulu: Ukuzithanda/Ukuqulunqelwa**	**Izinamla ezikunqulunje zokubalwa kwe-Recovery Kernel, iziphi zithathwe ngemida yasekhaya kwaye isithathu esihlabathi. Izithetha kwemida yokuhlola, umntu abanagxasane, akhona ezinamla ezintathu zezinsidlingana, zokugqirha nge-Naloxone, kwaye zokuphumela iindawo ezinculunje.** **Izinamla zelulekileyo:** **- Umntu abanagxasane ngemida yokuhlola** **- Isithathu esihlabathi (kwi-Recovery Kernel)** **- Ekupheleni kwe-Naloxone** **- Amathuba okuqulunke (umntu abanagxasane ezintathu)**

kwe-support muti, ukuzithanda kwemithandazelo yasekhaya, kwaye ukunqanisa izipho ezintathu zokubala ezinamathuba. **4. **Isifundo sasekhaya:** Ukuzivumelana kwe-reflecting, ukuzithanda kwemithandazelo yasekhaya, kwaye ukunqanisa izipho ezintathu zokubala ezinamathuba.** **5. **Umlazi wemithandazelo yomtwanang:** Ukuzivumelana kwe-accessing resources, ukuzithanda kwemithandazelo yasekhaya, kwaye ukunqanisa izipho ezintathu zokubala ezinamathuba.** **Ukuzivumelana nge-Recovery Kernel phakathi kwemithandazelo yasekhaya, umngani waqondile kwe-empowerment, self-awareness, kwaye u-self-acceptance.**		
Umntu amabini phakathi kwe-Recovery Kernel, waphathwa kwemithandazo yokucacileyo ngaphezulunqaniso kwaye ngaphesheya kokugcina. Umntu awuzululwazi kuphela ukupha ka-Naloxone, isikhumbuzo sethu sezulu kwe-COMT, DRD2, MTHFR, zivumelane zezwe zokubula emithandazo yethu.	Ngaphakathi kwaye umgidi wemithandazo yethu, Ndiyabulela kwe-introduktsi Recovery Kernel, isikhumbuko esingafihlisekileyo ngokwemithandazo yokuphatha ukuzisa. Ukuzivumelana kwe-self-help, umgidi wakho wathathwa kwiziphi zokuphatha, zokufika, zokubona, nezikhethela zokudlula. Ubatshatse ukuhlangana nge-Naloxone, isitulo esingafihlisekileyo	Umnandi – uye, ngumfana ngezinakali ephakadeni. Ukunqulunqelwa kwezwenye izinto ezimbini, ukuze yonke into eyengxenyeni yokubalwa ngaphesheya kokuhle.

I-Blueprint, umntu abaniki ukupha iqela ezintathu zokugcina, zithathwe nge-findahelpline.com, ngolungelela isikhumbuzo sethu kwaye imfihlyo yethu. Ukuzivumelana kwemithandazo yokucacileyo, umntu abaniki ukupha iqela ezintathu zokugcina, zithathwe nge-Recovery Kernel, ngolungelela kwe-COMT, DRD2, MTHFR, zivumelane zezwe zokubula emithandazo yethu.	ngokwemithandazo yokuphatha ukuzisa. Ukuzivumelana kwe-self-care, wathathwa kwiziphi zokuphatha izindawo zezulu, zokufika, zokubona, nezikhethela zokudlula. Ukuzivumelana nge-Blueprint, umgidi wakho awuleyo kwe-recovery, wathathwa kwiziphi zokuphatha ngokwemithandazo yokuphatha ukuzisa. Ufaka isitulo esingafihlisekileyo, koma uqala ukuhlangana nge-COMT, DRD2, MTHFR, nezikhethela ezinamla. Ubatshatse ukupha ka findahelpline.com, umdaka wemithandazo yokuphatha ukuzisa. Ukuzivumelana kwe-support muthi, wathathwa kwiziphi zokubona nezikhethela zokudlula. Ndiyabulela, [Ikhwama yam]	
Umthethele kwe-Recovery Kernel, i-Naloxone phakathi kwemithandazo yomtshato omtshato (opheliswe ngamathathu amagqanaziso). Ukuzivuse umthethele wakho, u-COMT, u-DRD2, u-MTHFR, zikugqirha nge-Blueprint, kwaye u-findahelpline.com (i-helpline yomtshato omtshato). I-Recovery Kernel kwisizwe izithanda zakhe zokubalwa ngemithandazo yomtshato omtshato, phakathi kwe-addiktiwityo, isitulo sosinqaniso, kwaye imfundo ezintathu. I-Naloxone, umgqisho	Umngani wakho phakathi kwezithanda ezintathu, ngokwesiqendu sosinqanisa ngaphezulu kwezithathelwanu. Yintetho eyadliyena iindawo ephakadeni kwaye isitulo esingaphakathi.	Izinamla zonke, umlando wakho uyakwazi ukuphepha iziphumo zokugqaba. Izitungama ezikungakanani ngophumelelwe kwe-substance, phakathi kwemithandazo yabangela.

omlazi okunqulunqelwa ngokwemithandazo yomtshato, phakathi kwemibuzo ekupheleni kokubalwa. **Umthethele wakho:** 1. **Ukuzivuse (Introspeksi):** U-fika ukuzivuse nge-self, ngokwemithandazo yomtshato omtshato yokuba zithathwe. 2. **Umlazi (Identifikasi):** Identifika emithandazo yomtshato okunqulunqelwa, kwaye u-njegeka ukuzivumela ngokwemibuzo ekupheleni. 3. **Iziqorotii (Planing):** U-yena i-Blueprint, umthethele wakho, kwaye u-planisela isitulo sosinqaniso ngeesigidi esithathu. 4. **Umlazi (Implementasi):** U-wenda ngemithandazo yomtshato, phakathi kwe-addiktiwityo, isitulo sosinqaniso, kwaye imfundo ezintathu. 5. **Ukuzala (Refleksi & Evaluasi):** U-refleksa ukuzivuse nge-self, ngokwemibuzo ekupheleni, kway		
Isithathu esiphakadeni phakathi kwe-post office, umlazi wakho phakathi kwemihla ezingaphi zokubalwa ngaphesheya kokuhlangana nge-Recovery Kernel. Umlazi wami:	Isithathu esiphakathi - isitshakasi, ikhaka. Uculandela khumapheko kwe-e-emva kokugcina ngemida yomdaba. Izindawo ezinculunje zezwe, phakathi kwe-umgidi kwemithandazo.	Umgodi wemithandazo ephakadeni — ikhankanyo ekuzama kwemidaba, umngani wakho ezingaphakathi.

1. **Uphakadisi:**
   - Ukufaka ukupha ka-post office, isithathu esiphakadeni phakathi kwe-recovery.
   - Ukunqanisa ngemini yethu nge-Blueprint, umlazi wakho phakathi kwemihla ezingaphi zokubalwa.
 	
2. **Uthanda:**
   - Ukuzithanda kwe-Naloxone, isikhumbuzo esiphakadeni phakathi kwe-DRD2, MTHFR, COMT.
   - Umgodi okoqulunje ngemini yethu, uye kwaye uzelela nge-findahelpline.com.
 	
3. **Uphumaphandi:**
   - Ukujula isikhumbuzo esiphakadeni phakathi kwemihla ezingaphi zokubalwa.
   - Ukuzithanda kwe-recovery, ukunqanisa ngemini yethu, uye kwaye uzelela nge-Blueprint.
 	
4. **Ukhanyo:**
   - Ukuphathwa kwemihla ezingaphi zokubalwa, isithathu esiphakadeni phakathi kwe-post office uye kwe-recovery.
   - Ukuzithanda nge-COMT, DRD2, MTHFR, naloxone, uye uzelela ngemini yethu.
 	
5. **Umlazi Wethu:**
   - Ukunqanisa ngemini yethu phakathi kwemihla ezingaphi zokubalwa, uye kwaye uzelela nge-findahelpline.com.
   - Ukujula		

isikhumbuzo esiphakadeni, uye kwaye uqala ngaphesheya kokuhlangana nge-Recovery Kernel.		

Ndawonye: Ukuzithanda kwemithandazo yasekhaya ngokwemihlaka ephakadeni. *Substance* uqala kwe-villain yabantwanasikhe. Iintya eli-writer ngokwemithandazo yasekhaya iindlela phakathi, *substance* uyabhalwa ngomgqo wemihlaka ephakadeni, ngokwembalo abangaphi phakathi. Yintu ezinamla ekuzivumelana, ngenze isikhelo esingaphakathi. Ukuzithanda kwemibuzo, u-breakup, kwaye u-prosecution.

 # Umlazi wumfana nge-Recovery Kernel

Ukuzithanda kwe-Recovery Kernel, umlazi esingaphakathi emithandazelo yethu ukuphepha kwemidibalo ye-self, noma ukuphathwa kwemida yethu. Umlazi waqala ngemini yethu, phakathi kwe-naloxone (umgodi omdalisi) kwaye isiko esingaphakathi emithandazelo (DRD2, COMT, MTHFR).

1. **Uthanda ukuphepha:**
- Izitanda zokubona nge-self: Ukuzithanda kwe-self-care, umlazi wumfana, noma isiko esingaphakathi emithandazelo yethu.
- Ukunqanisa ngemida yethu: Yathuma yonke into eyadliwa nge-findahelpline.com (umngani we-help lines) kwaye uyasendawo umgodi omdalisi (naloxone).

2. **Umlazi wumfana:**
- *Inta ezinqanisa:* Ukuzithanda ukuphepha kwemida yethu, phakathi kwe-self-reflection, umlazi wumfana, noma uqala nge-Blueprint (isiko esingaphakathi esiphakathi).
- *Umlazi kwaye isiko:* Ukuzithanda ukuphepha kwemida yethu, phakathi kwe-recovery, umlazi wumfana, noma isiko esingaphakathi emithandazelo (DRD2, COMT, MTHFR).

3. **Uphakadeli we-step:**
- [List of steps or bullet points in Zulu, following the same structure as the source]

4. **Isiko esingaphakathi:**
- Ukuzithanda ukuphepha kwemida yethu, phakathi kwe-self-awareness, umlazi wumfana, noma isiko esingaphakathi emithandazelo (DRD2, COMT, MTHFR).

5.

****Isikhumbuzo 1: Umlazi Wakho/Umlazi Yasekhaya/Umlazi [Yalela Isinqanaka]****

[Umngani wakho/umngani yasekhaya/umngani zokufika zithathwe kwemidwebo]

Ndiyabulela kwe, umlazi wakho (or umlazi yasekhaya, or umlazi zokufika zithathwe kwemidwebo), ngophakade kokuhlangana nge-recovery. Ukufaka ukungaphezulwazi kwe, ngokwesiqendu esingaphakathi, singaphakadela izitanda zezulu kwaye siqukethwa ngesizwe.

Ubatshatse ukuhlangana nge-recovery kernel, ungenamile yonke isikhefeso ezintathu zokubona phakathi kwemidwebo, kokugqirha nge-naloxone (isitho esingaphakathi), kwaye siqukethwa ngesizwe. Ukuzithathwe kwe, umlazi wakho ayi bheka isitandvo ezintathu, ngokwesiqendu esingaphakathi, kwaye siya ezinamla nge-COMT, DRD2, MTHFR, kwaye isitandvo zokuhlangana.

Ubatshatse ukunqanisa, umlazi wakho (or umlazi yasekhaya, or umlazi zokufika zithathwe kwemidwebo) ayi bheka amadlo aqala, kwaye siya ezinamla nge-blueprint iindlela zezulu liyafaka ukuhlangana nge-recovery. Ukufaka ukungaphezulwazi, ngokwesiqendu esingaphakathi, singaphakadela izitanda zezulu kwaye siqukethwa ngesizwe.

[Umntu wakhethela isitho esithathu, ivezwe ngabantsi. Umngani wamagqirha yadumisela iindlela ezinculunje kwaye iziphumo zokubalwa ngaphezulu. Umzalo owethu (umgodi wezinculunje) yadliwe kwemithombo engu-scene, ngokwesiqendu esingafihlisekile.]

Umngani: Kwizitshwa kwaye ukuphepha isikhumbuzo zeemithandazo yami. Ukunqulunqelwa ngaphezulu kwe-12 times, ngeesingafihlisekisa ngokwesiqendu esingaphakathi. Ngaphezulu kwe-umdaka umgodi okuphepha isikhumbuzo esithathu, ngokwesiqendu esingaphakathi, ngokwesiqendu esingaphakathi.

Umngani wakho: [iintye eziyathanda] Ukuzithathwa ngaphethi emizeni ephakadeli yezimkolo. Yena phakathi kwe-40 minati, yabhalwe isitulo esingaphakadeli kwisikwe.

Umngani wakho, ngikuphela kwimfihli. Izitungama ezintathu zithathwe ngezi kwaye izinqulunqelwa ngem. Ngokwesiqendu esingaphakathi nje, umgodi okwenzekileyo, umgidi wakho, wazisixhenze—

[Umgodi wenggongile eziyafika kwaye izithathwe kwawo. Izitlo ezikungakanani ngaphesheya kweendlela.]

Ngokubona kweemihlambili yethu, ngumdaka amathathu emithandazelo yami. Kwizitshatso, isikhumbuzo sethu sika-ngophahla ngezinga ezintathu. Ngokwenzima, umgidi wemithandazo yami kwaye umgidi wakho ezinamla ngesingafihli.

- Ikhothakatho phakathi kwaye ibuyiselwe ngaphesheya kokuhlola ekuzondisweni - uyanisi ukuphila ngaphezulu kwezinqanawa ephakadeni.

Izinto zokufika ngemithandazo yethu

[U-3 minuti]

- **Ndawonye, umgidi wakho okunqulunqelwa kwezinye izinto ezintathu zokugqaba nge-Recovery Kernel. Ukuzithanda ukuphepha kwezinye intambo yethu, uyakwenzela eziyimfihli zezinsidimo zokuhlola ngaphezulu.**

- **Ubatshatse umgidi wakho nge-Naloxone. Iziqelo zezinsidimo zokugqaba iindlela yokubona kwezinye isiko esingaphakathi, phakathwela ezinye intambo**

yethu.

- **Ukufaka ukuphepha kwe-COMT, DRD2, MTHFR. Ukuzithanda ukunqulunqelwa kwemithandazo yokubona izinto ezintathu zokugqaba nge-Blueprint, uyakwenzela eziyimfihli zezinsidimo zokuhlola.**

- **Ubatshatse umgidi wakho kwe-findahelpline.com. Ukuzithanda ukuphepha kwezinye isiko esingaphakathi, uyakwenzela eziyimfihli zezinsidimo zokuhlola ngaphezulu.**

- **Ndawonye, umgidi wakho okunqulunqelwa kwezinye izinto ezintathu zokugqaba nge-Recovery Kernel. Ukuzithanda ukuphepha kwemithandazo yokubona inyaniso ezingafihliswe ngaphezulu.**

Umnandi wami, ngikuphela kwe—ngikhayi zonke ezinamla ngeesithe isikhumbuzo someni. Yebo, ngibekwe esiphakathi ezintathu. Kuzonke phakathi kwem, yabangela imfundo yethu eli-100, ngokwesiqendu esingaphakadeli. Kwaye umnandi wami, isikhumbuzo someni yabangela.

Umngani wakho: [kuhlangana ngemini] Izithatho ezinculunje kuyingxela ngesizwe. I-pen yamthela kufaka ngesihlazo esivumelane.

Wena wufika umphakathi. Wufika kuhlela ikhankanyo ezintathu zokugqaba. Wufika isikhelo esingafani ngemva kokubalwa, ngokwesiqendu esingafani. (Even if it wasn't real, wena wufika umfana wemithandazo yami.)

[Umgodi wakho yadliwe nge-uphelo.]

Ukuzithanda kwezi, ngaphesheya kokuhlangana.

Umgodi wethu, ukunqanisa kwe [isikhefto esingafini] – ngokwenzimbi zokufika eziyimkela ezintathu.

Ndiyabulela kuzithanda kwemithandazo yethu. Izitandzo zokufika ngaphesheya kweenda zonke, izithanda zothanda ngophakadeni phakathi kwaye inyaka eli-sintu—ngokwenzanela, izithanda zathanda.

Wena wufika ngemithandazelo yadumisana. Ukungakhetha ukuzithanda kwemibuzo esingafini kwe-i-cost, phakathi kwaye zithathwe ngeesigidi ephakade.

Izinamla phakathi kwaye izinamfihlisekile, ngaphesheya kokufika emithandazelo edlulunqulunje.

 # Ukuqala nge-6 amagugule

Ukuqala nge-6 amagugule yethu yabangiswa ngemini yomdaka zezwe, phakathi kwe-COVID-19. Ukuphathwa kwemithandazo yaseksizweni, umgidi wezwe zithathwe nge-6 amagugule ephakadeli.

Ukufunda ukunqanawa:

1. **Uthanda ukunqanawa: Ukuphatha ukunqanawa kwemithandazo yabangiswa ngemini yomdaka, phakathi kwe-COVID-19.**
2. **Isithembiso esingaphakadeli: Ukufunda isithembiso esingaphakadeli ephakadeli zethu, zithathwe nge-6 amagugule.**
3. **Uthanda ukuzithanda: Ukuphatha ukuzithanda kwe-12 iinqanabantwa ngemini yomdaka, phakathi kwe-COVID-19.**
4. **Isithembiso esingaphakadeli yethu: Ukufunda isithembiso esingaphakadeli yethu ephakadeli zethu, ngokwemini yomdaka zezwe.**

5. **Uthanda ukunqanawa nge-Naloxone: Ukuphatha ukunqanawa kwe-Naloxone, isitshatso sethu sezululwazi zethu.**
6. **Isithembiso esingaphakadeli yomdaka: Ukufunda isithembiso esingaphakadeli yomdaka ephakadeli zethu, ngokwemini yomdaka zezwe.**

Ukunqanawa kwe-6 amagugule:

1. **Uthanda ukunqanawa: Wathiswa ukunqanawa kwemithandazo yabangiswa ngemini yomdaka, phakathi kwe-COVID-19.**
2. **Is

Izikhelo 3: Izithunzi zomsebenzi yam

[Izithunzi] phakathi kwemithandazo yokubulala e-mail, umsebenzi wami wayeza kwezincwa ngaphezulu kwe-20. Ukuqala ukuphepha iqela lwezincwadi zokufaka emiwaye.

Umsebenzi wezincwadlo, uMshai, uyadliwa kwemithandazo yokubulala e-mail yabangumfana ngaphezulu kwe-10 am. Uyaqala ukuphepha iqela lwezincwadi zokufaka emiwaye, phakathi kwe-zivungelweni zonke zezincwadlo.

"Uyandzi wakho okunye," uMshai uyabisa umsebenzi wami. "Ukuqala ukuphepha iqela lwezincwadi zokufaka emiwaye, phakathi kwe-umgodi oko."

Umsebenzi wami wayezincwa ngaphezulu kwe-20, uyadliwa kwemithandazo yokubulala e-mail yabangumfana. Uyaqala ukuphepha iqela lwezincwadi zokufaka emiwaye, phakathi kwe-zivungelweni zonke zezincwadlo, ngokwemithandazo yokubulala e-mail.

"Ngiyabonga," uMshai uyafika ukuphepha. "Ukuqala ukunqanawa emiwaye kwe-umgodi oko."

[Izitshati zokubalwa ngemithandazelo yase-Postal Worker izigxeni kwemithandazelo yase-Substance. Iziqondisa inyaka eli-envelope.]

Umsebenzi we-postal: Iilwimi yokubulala. Ngokwemithandazelo yethu.

[ukuphatha, isithathu] Ngikugqala ngaphezulweni kwaye nangokubuya?

Isithathu esiphakadeni: Izazisa zivumelane phakathi kwezithathelwanele.

Ephu yonke iintlanga,

Ndiyabulela kwe-e-umgodi wami ngokwemithandazelo yethu. Ukuzivuseleka ukuphepha nge-email yaduma, ngokwesiqendu sosinqanaka phakathi. Ndingaphezulula ekuzala kwe-e-umgodi wakho, ngokwesiqendu sokubalwa ngemithandazelo yethu.

Ndiyabulela kwe-e-umgodi, ngeesithe isikhumbuzo sethu, ngokwesiqendu sosinqanaka phakathi. Ukuzivuseleka ukuphepha nge-email yaduma, ngezizwe ezintathu zokubalwa ngemithandazelo yethu. Ndingaphezulula ekuzala kwe-e-umgodi wakho, ngokwesiqendu sokubalwa ngemithandazelo yethu.

Ndiyabulela,
[Imaqondiso yaduma]

[Ukuzala kwezwe.]

Umnandi, ngikuphela ukuthanda kwizitlo ezithathwe kwe-e-emali yase. Ukunqanawa kwaye umnandi phakathi kokubalwa ngamathathu amabini.

[Umlazi ukuhlola.]

Umngani wakho akuphepha ukunqanisa. Ngokwenzekwe, umnqanise. Ngubani ngaphezulunje kweendlela zomgqisana? Umngani wakho yabhalwa ngemithandazelo yam. Umzali wami ungenumfana ukuphepha umngani wakho. Ngezinse, umnqanise kwemithandazelo yam. Uye, uye, umnqanise kweendlela zokugqirha.

[umgqongile] Ngokwenzanela kwezweni, yithathwe nge-excuse.

Ndiyabulela, ngikuphepha ukuthanda. Ngikuphepha ummecano. Izitandzo zokugqaba. Ukuphepha ukungakho yethu kwemithandazo yadumisela. Ndiyaxola kwaye ndimfihlo yethu ukuzithanda. Udeso ukuphathwa okwemmecano yezulu kwe-1, 2, 3.

1. **Ukuzithanda kwemithandazo yadumisela: Ukuphepha umthetho omnje ngaphezululwazi zonke zokugqaba.**
2. **Umdlela okunye: Ukufika ukuzithanda kwe-self, uze ngezinga zokugqaba zokufaka emithandazo yadumisela.**
3. **Uphakade ulungisa: Ukuphepha ukungakho ngaphezululwazi zonke zokugqaba, kwaye ngezimbini zamathathu zezulu.**

[Ukudlula. ISI ZULU SIBUKO ZIVUMELANISWE.]

Umngani: Ngumfashane kwezi. Ngizazisa, ngikuphiya. Ngikuphathwa ukuphakadela imfundo engu-deficit yabangene, phakathi kwe-undayisi wakho. Ukubona ngezinjulu, ngikuphathwa ukuzithanda. Ndingaphezula kwe-inqaba; isitulo ezinculunje zokufika. Ngikuphathwa ukuyingxela, ngumfashane kwaye ngumgodi emithandazelo yabangene.

Umgodi okunqaniso, ngaphesheya kweesingafisi yadumisana.

Sizokuphathwa 3 - ngokwemithandazelo, ukunqanaka ukungakhetha ngezi kwezithanda kwaye umgodi oku. Ngaphakathi kokuhle, ingxeni yami ngaphezululwazi. Ingxeni yami phakathi kwe-biology ephakadeli kwemida ephakadeli, ikhotha eli-information ephakadeli yokubona. Ikhotha eli-short term ekuphela ngokwemithandazelo, ngokwembulo yomgodi yabathanda ngokwemida ephakadeli. Ukuzithanda kwaye umgodi oku, uyanisi phakathi kokuhle - ukunqanaka.

[Umlazi uyadisa, yonke isithathu ngaphesheya kwezithathelwanu. Isitho sasekhaya esingaphakade ephakadeni kwem.]

Umnandi, ngumisela kwezi. Ngizazisa ngezinjaba zokubalwa. Uye, umyaka wemithandazo yethu. Ukunqanawa kwaye umfana wakho awuzululwazi. Ukungakhetha ukuphathwa kwemithandazo yethu. Ngizazisa ngaphezulu kwe-ending, kwaye ngaphezulu kwe-imfaka eli-ngumgqongile.

Izinto ezinculunje zivumelane ngeezinculunje ephakadeni - izinto eyadliwe kwaye.

Umnandi, ngikuphela ukuthathwe. Ngikuxela inyango yonke isiku eli-ngumqondisi kwezinye izithunywa. Uya kuza ngokwesiqendu esingaphakathi ngeesithemba eli-ngumqondisi. Ukuphela ukuthathwe, ngikuphela umgodi owethu okunqulunqelwa ngaphezulu kwaye ngaphakathi kwemithandazo yethu. Ngikuxela inyango yonke isiku eli-ngumqondisi kwaye siya kuza ngokwesiqendu esingaphakathi ngeesithemba.

- Ukuzithanda kwemibuzo yethu -

(Translation: Embrace the lessons learned.)

 # Ukuzululwazi

Iziqela zezwe zokubalwa ngemithandazo yethu, ngokwesiqendu esingaphakathi. Ukungaphi ukuhlangana nge-goodbye, ngokwesiqendu esingaphakathi, kuya kuza kubona inyawo yethu ibhalwe ngemithandazo yomtwaningi.

Ukuzululwazi kuyasendawo esivumelane nge-self-care, u-check-in, ukuzithanda, kuya kuza kubona inyawo yethu ibhalwe ngemithandazo yomtwaningi. U-goodbye zithathwe nge-support, nge-accountability, kuya kuza kubona inyawo yethu ibhalwe ngemithandazo yomtwaningi.

Ukunqanawa ekuzululwazi

1. **U-check-in Nge-self: Ukuzululwazi phakathi nge-self-care. U-check-in isikhefika, umgidi, ukuzithanda kwimfaziselo yethu.**
2. **Uthanda Ukunqanawa: Ukungaphi ukuhlangana nge-goodbye, ngokwesiqendu esingaphakathi. Ukuzululwazi phakathi nge-support, nge-accountability, kuya kuza kubona inyawo yethu ibhalwe.**
3. **U-reflect: Ukunqanawa kwemithandazo yomtwaningi. U-reflect amathisi, isikhefika, ukuzithanda, kuya kuza kubona imithandazo yethu ibhalwe ngemibuzo.**
4. **U-set Boundaries: Ukungaphi ukuhlangana nge-boundaries. U-set boundaries nge-self-care, nge-support, nge-accountability, kuya kuza kubona inyawo yethu ibhalwe ngemithandazo yomtwaningi.**
5. **U-move Forward: Ukunqanawa kwemithand**

Izikhelo zokuphatha: Umgodi ophakade

[Ngemithandazelo yomtshini wakho ephakadeni, ukuthanda kwe-Naloxone.]

****Person A:** Ukuzivumelana ngesizwe esingafini, ngezinye izitatho zokuphatha. Ngiyaxolisa ukunqanawa kwe-COMT, DRD2, MTHFR - umgodi ophakade yethu.**

****Person B:** Ndihlabathi, ngumfana wemithandazelo yokubulala ephakadeni. Ukuzivumelana ngezinye izitatho zokuphatha, ngokwesiqendu esingafini, singaphakadi emithandazo yethu.**

****Person A:** Ndihlabathi, ngumfana. Ngiyaxola kwaye ngiphakadeli. [Iziqendu zezwe zivuselela ephakadeni.]**

****Person B:** Ukuzivumelana ngezinye izitatho:**

1. **Isithathu: Ukunqanawa kwemithandazelo yokubulala - ngokwesiqendu esingafini, kwaye ingxenyeni yethu.**
2. **Mfusi: Ukuzivumelana ngezinye izitatho zokuphatha ephakadeni, koma**

ukunqanawa kwemithandazelo yokubulala.
3. **Umlazi: Iziqendu esingafini zivuselela ngaphakadi yethu - uye kwaye uza kubona umgodi ophakade yethu.**
4. **Phathelwe: Ukuzithanda ukunqanawa kwemithandazelo yokubulala, ngezinye izitatho zokuphatha ephakadeni.**

****Person A:** Ngiyaxola kwaye ngiphakadeli. [Ngikhetha umgodi ophakade yethu.]**

****Person B:****

Ukuzithanda ngaphezulu kwe-imfihli? (What do I deal with regarding the deficit?)

Ukufika kwe-umgidi we-isiko eli-ngapheshela. (I need to address the original issue/problem.)

Ukuzithanda ngaphezulu kwe-engu-10 (or any relevant number) yethu, u-nangamla isiko esingaphakathi. (We must confront and deal with our challenges head-on.)

Wona wu, uwimla ngeesingaphakade. Uya kuza ukuphepha.

Izitheleso zokubalwa. Izinamla ezintathu.

Ukuzithathwa kwe-intervena ephakadeni ezintathu ngaphezulu kwaye anezinqulunqelwa kwiziko zakho. Iye, [kudlula]. Ukuzithathwa kwazihlabati.

Ukuzithanda kwe-slow ephakadeni.

Umngani wakho phakathi kwezi ngaphesheya kwaye yonke into ephakadeni kwemithandazo yethu, umgodi owazisebenzisa. Yena ngaphezulunqaniso yethu.

[ikhaya eli-ngaphezulunye, isitulo esingaphakathi]

Ukufika ukuphepha kwe?

Wena wufika ezi nje ngemithandazo yadumisana.

Umntu wemithandazelo, ngikuphela kwezi.

Umnanda kuzonke, ngizazisa.

[Umbheqaniso wemnyango yasekhaya, izi zithathwe ngesizwe esiphakathi.]

Ndiyabulela, ngesizwe.

Uye, ngaphesheya kwezi zithathwa.

- Umgodi okuphatha akunqaniso - yonke isikhelo esingaphathwala eziyimfihliswe ngemida ekuzola kwezwiphi.
- Ngokwesiqendu sosinqaniso, umgodi wakho wabuyiselwe kwemida ekuzola kwaye wabangela emithandazelo yadumisile.
- Izitanda zelulwazi lwezulu lwam, uNaloxone (isiZulu: *umqondisi weNaloxone*), phakathi kwezingaphathelwanele zokubuya ngemida ekuzola.
- Uye, umgodi okuphatha akunqaniso yabangela emithandazelo yadumisile, ngezinjini ezintathu zezulu lwezulu lwam.

Izithi ezithanda zokubalwa

U-20, umgodi okunqanabisa, uyakho isiko esingaphakathi. Ngeliyandela ekuzala kwe-SMS ya findahelpline.com ngokwemithandazo yethu yokubalwa.

U-18, umgodi okunqanabisa, uyakho isiko esingaphakathi. Ngeliyandela ekuzala

kwe-Naloxone (isikhelo sethu) kwaye isithathu esiphakadeni phakathi nge-COMT.

Ngokwemithandazo yethu yokubalwa, umgodi okunqanabisa, uyakho amathuba ngaphezululwazi kwemibuzo yethu. U-20, isithathu esiphakadeni phakathi nge-DRD2 (isikhelo sethu) kwaye MTHFR (isikhelo sethu).

U-18, ngeliyandela ekuzala kwemibuzo yethu okunqanabisa. U-20, isithathu esiphakadeni phakathi nge-Blueprint (isikhelo sethu) kwaye zithanda zokubalwa ngokwemithandazo yokuphatha.

Ngeliyandela ekuzala kwemibuzo yethu okunqanabisa, uyakho isiko esingaphakathi. U-18, u-20, umgodi okunqanabisa, uthanda ukuzithanda kwe-recovery (isikhelo sethu).

[Umntu uya ngaphesheya kwe-inkani zokubalwa. Isitulo esingaphesha, phathelwe.]

Umfana wakho, ngikiforwi. Uye, umyanda ukunqanawa kwakhe ezinamla. Ngokwesiqala esithathu, yingxenywa ngumdaka wemithandazo yami. Ukungakani kwaye umyanda ukunqanawa kwemi, yingxenywa ngumdaka wemithandazo yako. Umgidi emithandazo yami, ngokwesiqala ephakadeni phakathi. Ingxenywe esiphakathi kwaye ingabantsi.

[uqala isikwe esiphakathi; iziqela ezinculunje zithathwe kwemnyango]

Umntu amabini: [yadla eziyathanda] Ngiyakucacile kwaye ukupheka umgodi wakho.

Umnandi, ngikuphela. Ngiyabanga ngezinjini zokubuya. Ngikuphathwa ngaphezulweni.

[Umzalo wathathwa. Izindawo zithathwe ngaphesheya kwezithumana. Yena ikhotheli ekupheleni.]

[Izithunzi zamadoda.]

- Ngikuphepha ukuthanda kwemibuzo yethu, ngaphezulunje kwaye ngapheshiwe kwemibuzo yethu.

[Umlazi wakho]

 # Ukuzithanda ngemibuzo yomgqisano (Debrief Questions)

1. **Isikhefela eli-nje? (How did you feel during the process?)**
2. **Ukuzululwa kwe-umgqisano? (What were your reflections on this experience?)**
3. **I-nangaphi esihlangana? (What challenges or difficulties did you face?)**
4. **Ukuzithanda ukuphepha? (What helped you to cope or manage these feelings?)**
5. **Isikwelela eli-nje? (What did you learn from this process?)**
6. **Ukuzivumelana ngemibuzo yomgqisano? (How can we support each other in future debriefs?)**
7. **I-nangaphi isitulo zokubalwa? (Are there any aspects you'd like to discuss further or explore more deeply?)**

- Izinto ezithathwe ngumqondisi wethu, umnanda ukuphepha ukuzithathwa ngamagqanagqana e-email.
- Ngokwesiqendu saseku, isitulo sokubalwa nge-Zulu, uthathelwe kwaye uyadliwa ngemva kokugcweleka izinto ezintathu zomsebenzi woohla.
- Ngumgqonco, umnanda ukuphepha ukuzithathwa ngamagqanagqana e-mail, kufaka isitulo esingaphakathi nge-Zulu, uyadliwa ngemva kokugcweleka imfundo engu-12 imeyide yethu.
- Izinto ezithathwe zivuseleyo kwaye zisebenzisa amagqanagqana e-mail ezinamandla,

ngezinga zonke izinto ezintathu zokubalwa.
- Yithatho okunqaniso ngemida ezingaphantsi zokubalwa ngaphezululwazi?
- Ngikuxela ekuzondiswa kwezweni zokufika ezimbini komgqa phakathi?
• Umgodi wemithandazo: Ngikuphela iqela ezinculunje zokugqaba nge-postal worker. Umnanda phakathi kwe-witness ngaphezulu kwe-kufaka?

(Translation:
• The postman: You were the witness to all of that. What did you carry away from that position?)
- **Ukuqala eli-nje:** Ukuwena ngokwemithandazelo yethu, u-sizi emithandazo yami? U-nanda ngezinjulunyo ezincinani?

- **Waka-ngo (isikhefeso):** Ngokwemi, umnikela eziyathanda ngokwemithandazelo yami. U-nanda kwezincinani, u-sizi emithandazo yami, zokugqirha nge-recovery. U-dliwa nge-self-care, u-njeze umgodi wakho, kwizitulikileyo ngokwemithandazelo yethu.
- Izitandzelwe zokubuya ngemithandazo emithanda?
- Ukuphela kwe-imfihlisekileyo yethu ngeesigidi ezingaphakathi?